Q & A
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Diabetes Education:
We have built it, why don't they come?

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Diabetes Self Management & Education

Crucial Before Insulin was Discovered in 1921
DSME - CMS Benefit Since 2002

• 10 hours of DSMT/E & support along with 3 hours MNT
• Process: assessment, implementation of education plan, and reassessment
• It covers
  – AADE 7

Healthy eating
Being active
Monitoring
Taking medications
Problem solving
Healthy coping
Reducing risks
Recognized Programs

• 2 organizations presently qualify education programs as meeting the standards

http://www.diabeteseducator.org/ProfessionalResources/accred/Programs.html

DEAP
Diabetes Education Accreditation Program

American Diabetes Association
Cure • Care • Commitment®

http://professional.diabetes.org/erp_zip_search.aspx

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Diabetes Education Patient Benefits

• Studies have shown people who receive diabetes education:

  - Use primary care / prevention services
  - Take medications as prescribed
  - Control glucose, blood pressure, LDL cholesterol
  - Have lower health costs

TDE: Volume 38, Number 1, Jan/Feb 2012. The effect of Nurse-led DSME on A1c and CV Risk Factors, a Meta-analysis
Where is DM Education Done

- Community/Sr. Centers
- YMCA’s
- Hospitals/Private Practices/Clinics
- Skilled nursing facilities
- Durable medical equipment supply companies
- Home health agencies
- Federally Qualified Health Centers
- Pharmacies
- On-Line (rural areas, or through employee health benefit)
Diabetes Education Underutilized

- Few people with diabetes receive diabetes education...

43.2% Have received diabetes education

56.8% Have not received diabetes education
The Need for Diabetes Education

• Diabetes Self-Management Training (DSMT)
  – Covered by Medicare and most health plans
• Healthy People 2020 priority: goal is a target of 62.5%
Reduce DM Eye Disease by Preventing DM

DIABETES PREVENTION PROGRAM (DPP)

• 16 week curriculum
• On Line or in person
• f/u after completion of sessions
• CDC recognized

http://www.cdc.gov/DIABETES/prevention/index.htm
The Health Care System is Changing

Figure 4. Percentage of U.S. Adults Aged ≥18 Years with Diabetes Who Report Receiving Preventive Care Practices, 2009–2010

- Annual Flu Vaccine: 50.1%
- Ever Attended Diabetes Self-Management Class: 57.4%
- Checked A1c ≥2 Times a Year: 68.5%
- Annual Foot Exam: 67.5%
- Daily Self-Monitor of Blood Glucose: 63.6%
- Annual Eye Exam: 62.8%

Data were age adjusted. See Technical Notes for more details.

Resources

• Find a diabetes educator:

• Training about DM/Blindness
  – http://training.preventblindness.org/?q=node/85
  – http://www.diabetesvision.org/diabetesvision
http://www.chronicdisease.org/?NDPP
Educated Patient Lives the Longest

Living 80 with DM!

Thank you!
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