

Family Medicine Diabetes Self-Management Education (DSME) Program

Mission: Diabetes Self-Management Education for persons with diabetes

Diabetes Self – management behaviors (AADE & ADA):

1. Healthy eating (food choices, carb counting, the effect of diet on health)
2. Being active (how much & what type of exercise)
3. Monitoring (blood glucose, BP, lipids, referrals – as recommended depending on diabetes onset & symptoms)
4. Taking medications
5. Problem solving
6. Healthy coping & screening for depression & eating disorders
7. Reducing risks

Additional education: mindful eating; microbiota; SMART goals; healthy snacks, meals, and beverages ideas and tasting

Format: Group classes with diabetes educator and PCP or resident every week or every other week for total of 4 classes.

Location: Any family medicine office.

Goals:

1. Implementing DSME to support lifestyle modifications to improve quality of life & prevent/reduce complications for persons with diabetes
2. A1C within recommended range
3. Follow up on recommended screening – BP, lipids, antiplatelet, smoking cessation, retinopathy, nephropathy, neuropathy, PAD, depression, weight, thyroid, Vitamin D, osteoporosis, immunizations, OSA, periodontal disease.
4. Empower patients to take charge of their health.

Referrals to: Ambulatory referral to primary care (CVPE Primary care CL)

Benefits:

1. We will address multiple needs for multiple patients in one location. After the DSME classes end, patients will follow up with PCP.
2. The program is low tech, no capital investment.
3. The program will increase productivity and will create revenue.