

# National Standards for Diabetes Self-Management Education



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# Objectives

- Identify the purpose of the National Standards for Diabetes Education.
- Identify how the ADA and MDCH use the National Standards for Diabetes Education.
- Identify the implications the National Standards for Diabetes Education have for people with diabetes.

# National Standards for Diabetes Education



- Ensures high quality diabetes education.
- Available since the 1980 and are linked to reimbursement.
- Are reviewed every 5 years by many organizations and consumers



# Diabetes Self Management Education

Is “Ongoing process of facilitating the knowledge, skill and ability needed for diabetes education”

- Incorporates the needs, goals and life experiences
- Guided by evidenced-based standards
- Support informed decision making, self-care behaviors, problem solving and active collaboration with the health care team to improve outcomes, health status and quality of life.

# Diabetes Self Management Education - Evidence

- Diabetes Education is effective.
- Didactic-empowerment models.
- No best program
  - Age appropriate, culture, behavioral
- Ongoing support is critical
- Goal setting supports self-management behaviors.





# National Standards for Diabetes Self-Management Education

1. Structure
2. Advisory group
3. Education needs of targeted population.
4. Coordinator
5. Instructor(s)
6. Written curriculum
7. Individualized assessment and education plan – documented
8. Follow up plan- communicated
9. Outcomes
10. CQI



# National Standards for Diabetes Education-Revisions

## Instructors

- One instructor

## Pre-Diabetes

- Reflects numbers referred

## Follow up Plan

- Personal plan developed.

## Behavioral Goals

- Goal setting and outcomes to evaluate educations' effectiveness



# National Standards for Diabetes Self-Management Education

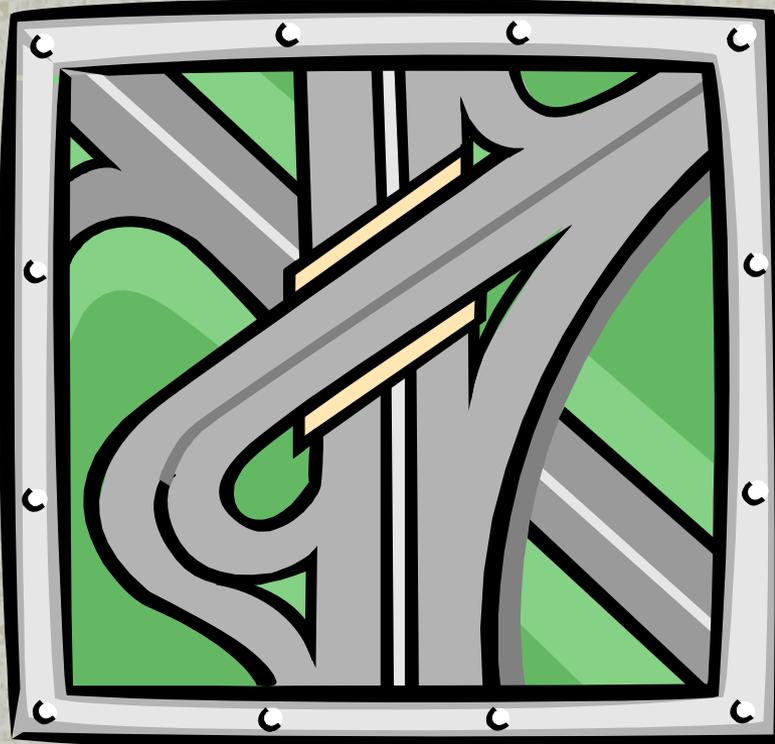
## ADA

- Diabetes.org
- Support
- On-line application
- Fee
- Program # and 6 months
- Annual Status Review
- Random audit
- Medicare and other

## MDCH

- Michigan.gov/diabetes
- Support
- Paper application
- Free
- Apply before program starts
- Annual report
- Audit
- Medicaid

# Conversation Maps



- Empowerment approach
- Helps guides patients on diet, exercise, medications etc.
- Educator guides the discussions
- 5 maps = overview, healthy eating, monitoring, natural course of diabetes, GDM



# More information

National Standards for Diabetes Self-  
Management Education  
and ADA recognition

<http://www.diabetes.org/for-health-professionals-and-scientists/recognition/edrecognition.jsp>



# Questions?



Thank  
You!