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 education’s 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

Questions?

Thank You!