

Example #1

DIABETES SELF-MANAGEMENT EDUCATION AND SUPPORT

DELIVERY AND DESIGN OF DSMES SERVICES

Our Diabetes Self-Management Education and Support (DSMEs) Program has only one location at . The target population for our program is adults with Type 2 Diabetes (DM) and Gestational Diabetes (GDM). Type 2 DM participants are seen for 3 sessions for program completion (up to 4 sessions if needed). Gestational DM participants are seen for one DSMES session and are followed-up one week later for program completion during their MNT visit. GDM follow-up training after program completion is provided on as needed basis. Type 2 DM patients are called 2 months after program completion for goal review, outcomes monitoring and are scheduled for follow-up training per insurance allowance.

Delivery modes that are currently being offered are one-on-one sessions, in-person and telemedicine. In-person group classes have been postponed due to public health emergency and will be resumed once permitted by hospital administration. Telemedicine sessions are offered via hospital-approved HIPAA-compliant platforms, which allow us to share patient handouts and provide visual aids to mimic in person sessions.

Patient handouts and education differ between Type 2 DM and GDM sessions. Due to majority of sessions being one-on-one, discussion and individual questions are addressed as arise. Sessions are interactive, consist of food models, insulin or meter instruction as needed. Topics covered are driven by patient knowledge base, areas that need improvement, and individual goals. Sessions are adapted as needed for cultural, language or physical impairments.

Example #2

Diabetes Education Services Curriculum Outline

Modes of Delivery	Participants Served	Teaching Methods	Interaction
Group Classes	Adults Type 1 and type 2.	Power point, group discussion, Questions/answer, visual aids, goal setting, handouts	Group activities, encourage participants to ask questions, encourage participants to choose topics for discussion. Questions are addressed to facilitate group learning and not individual. Individual questions are addressed in follow up appts when we can meet one-on-one.
In Person or Telehealth	Type 1, type 2, T1 and T2 pregnant, GDM	Visual aids, education videos, discussion, motivational interviewing, handouts	Encourage discussion, ask open ended questions
Telephone	Type 1, type 2, T1 and T2 pregnant, GDM	Discussion, motivational interviewing, handouts	Encourage discussion, open ended questions

Curriculum books/handouts revised and approved by §

/ on a yearly basis.

Education Handout/curriculum book	Approval/revision	Due for review
ADCES Diabetes Care and Education Curriculum Third Edition	3/2021 4/2022	1/2023
Life With Diabetes Class Book- for class participants	3/3021 4/2022	1/2023
Inpatient Diabetes Education Packet		1/2023
Insulin Packet		1/2023
Gestational Diabetes Packet		1/2023