

# IMPROVE DIABETES OUTCOMES



**Diabetes Self-Management Education and Support (DSMES):** Ongoing process of facilitating the knowledge, skill, and ability necessary for diabetes self-care. Includes activities that assist in implementing and sustaining the behaviors needed to manage diabetes.

# 60%

of people with diabetes have never received formal diabetes self-management education and support (DSMES).

AADE 16

**Everyone with diabetes needs DSMES, but especially at these four critical times:**

- 1** At diagnosis
- 2** Annual assessment of education, nutrition and emotional needs
- 3** When new complicating factors influence self-management
- 4** When transitions in care occur

**Diabetes education helps your patients make better self-management decisions**



**Healthy Eating**



**Taking Medication**



**Being Active**



**Monitoring**



**Healthy Coping**



**Problem Solving**  
(for hypo/hyperglycemia and sick days)



**Reducing Risks**  
(for acute and chronic complications)

# Evidence shows diabetes education:



Decreases A1C



Reduces hospital admissions and readmissions



Improves medication adherence



Increases healthful eating patterns and regular activity



Increases self-efficacy and empowerment



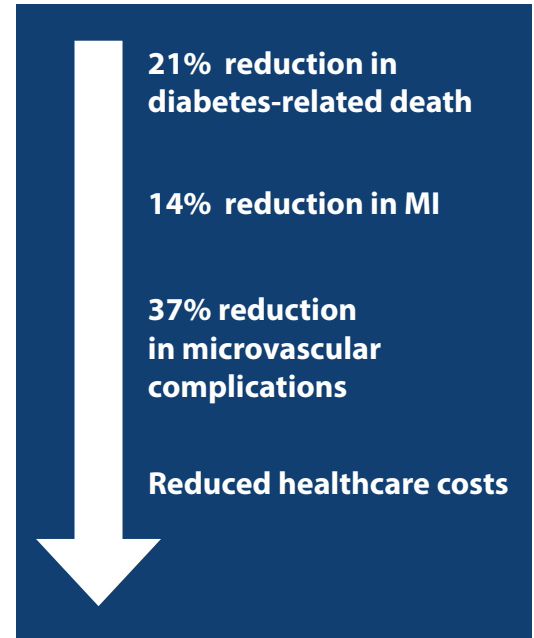
Improves quality of life



Improves coping



More likely to use primary care and preventive services or follow-up on treatment recommendations



## A diabetes educator:

- is a licensed health care professional with training and experience pertinent to DSMES
- educates on diabetes
- provides ongoing support in diabetes self-care
- evaluates progress and communicates with providers

## How do I refer a patient?

Find diabetes education services in your area in the Kentucky Diabetes Resource Directory:

<https://prd.chfs.ky.gov/KYDiabetesResources/>

A referral may be required for insurance reimbursement.

### References:

1. ADA Standards of Medical Care in Diabetes – 2019. Diabetes Care 2019 Jan; 42 (Supplement 1).
2. Diabetes Care 2015 Jul; 38(7): 1372-1382.
3. 2017 National Standards for Diabetes Self-Management Education and Support. Diabetes Care 2017 July.