

# Education for Life.



Education  
Recognition  
Program

Greetings from the ERP Team,

We would like to thank each and every one of you for all that you do for people with diabetes. This spring we are excited to announce a few major updates to the applications and annual status reports as well as new education materials for your participants.

Recent ERP Updates

What's New

## Now Available! “How to Thrive: A Guide for Your Journey with Diabetes”

We are happy to announce these 40-page booklets are now available for purchase in packets of 25 at the ERP 40% discounted price of \$9.99! As we mentioned in previous communications, this booklet has replaced the highly popular “Take Control Guide.” Please rest assure that this booklet contains all the same content as the “Take Control Guide,” and more!

**Please Note:** You will need to log into your account as an ERP member in order to receive the discount when purchasing online.

Shop booklet samples



## Recognized Education Service Locator Now on diabetes.org

In an effort to increase participant access to locating Recognized Services, we are excited to announce that Recognized Education Service locator tool is now available on the homepage of diabetes.org. Everyone can now access the search tool by visiting [www.diabetes.org](http://www.diabetes.org) or [www.diabetes.org/findaprogram](http://www.diabetes.org/findaprogram).

[Find a program near you](#)

---

## New Refined Biometric Fields added to Applications and Annual Status Reports

Over the years many of our services have requested national benchmarks for participant outcomes. We are pleased to announce that we have added the additional biometrics to applications and annual status reports.

**Please Note:** These additional fields are optional and have been added in an effort to provide an annual national benchmark report to all of our Recognized Services. If you choose the “general” box for any of the participant outcomes, the data will not populate to the benchmark report.

[View additional fields](#)

---

## Ask the ERP Experts: Monthly Q/A Webinar Series

The monthly Q/A webinar schedule now provides you with the webinar dates for the current quarter. Each quarter the webinar schedules for the next quarter (3 months) will be posted.

Webinar Topics Include:

- New Quality Coordinators
- Application & Annual Status Reports
- Chronicle Diabetes
- DPP Express
- ADA & CMS Audit Preparation

[View webinar schedule](#)

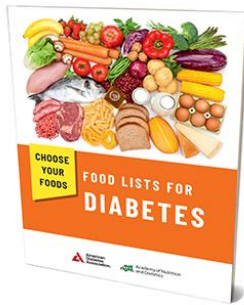
---

## Choose Your Foods: Diabetes meal planning based on choice!

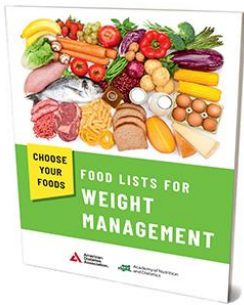
The *Choose Your Foods* series from the American Diabetes Association® and the Academy of Nutrition and Dietetics is one of the most trusted meal planning tools for diabetes. This updated version is now better than ever!

These revised editions include carbohydrate counts and choice values for a wider variety of foods, portion weights in ounces, and more. Lists are now grouped, allowing patients to understand the overall patterns of healthy eating by choosing foods from lists categorized by starches, protein, fat, fruit, milk, snacks, and desserts.

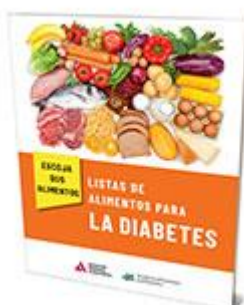
Visit [ShopDiabetes.org](http://ShopDiabetes.org) and get your ERP discount on the all new *Choose Your Foods*!



Add to Cart



Add to Cart



Add to Cart

---

## **Program Spotlight**

From the desk of Lisa-Marie Harris, BSN, DCEs—Diabetes Education Program Coordinator at Northwestern Medicine:

The Comprehensive Diabetes Education Program at Northwestern Medicine is an ADA recognized program located in downtown Chicago, Illinois. The program has been accredited by the American Diabetes Association since 2012. Currently I am the registered nurse diabetes care and education specialist, and the program is well supported by a multi-disciplinary team including Grazia Aleppo, MD, FACE, FACP Professor of Medicine and Director of Diabetes Education Program; Allison J. Hahr, MD Clinical Practice Director of Endocrinology and Metabolism; Radhika Mehta, MPH, Clinical Quality Program Manager; and Kripa Krishnan, Director of Operations for Northwestern Medical Group.

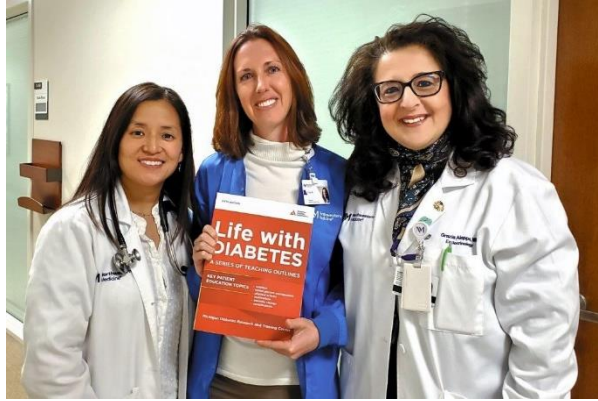
Although our individual and group DSMES services are designed to meet the American Diabetes Association's standard 6 indicators, we have added additional classes to meet the unique needs of our patients. We offer an advanced class, designed for patients requiring carbohydrate counting and insulin adjustment skills, as well as a widely attended technology class providing an introduction to continuous glucose monitoring devices and insulin pump therapy systems. For those who decide to initiate diabetes technology, we offer training and follow up sessions to ensure they are properly trained and feel comfortable managing their devices. As new technology becomes available, we tailor our education to ensure that patients are able to maximize its benefits. For instance, when Tandem recently released its Control IQ technology, we initiated a training and follow up program for its users to review pump downloads and make adjustments in group settings. This helps patients not only learn from their own data but from each other's and the group setting fosters a supportive learning environment.

As an educator, I have the privilege of seeing patients personally benefit from our program not only because of the in-depth education provided, but also because of the opportunity it provides for patients to connect with and learn from their peers. This leads to improved patient engagement and outcomes. In fact, the average decrease in A1C for patients who attended group DSMES last year was 1.8 percent.

However, patients cannot benefit from classes and training without proper access, which is why we focused on increasing the number of DSMES referrals received from our primary and specialty care physicians for our CQI project. By streamlining the current DSMES referral to ensure a smoother and more efficient process that is easily accessed, we increased patient access to diabetes education and better support self-management. Our goal was to increase the number of DSMES referrals from an average of 97 referrals per month to 130 per month.

Prior to these initiatives, we found that our referral was too time consuming for primary care and specialty physicians to navigate efficiently. We formed a multi-disciplinary workgroup to review the process and updated the referral to include radio buttons and hard stops for only the mandatory information we needed. Initially we informed primary care medical directors and operations about the new referral via email and then took it a step further by creating tip sheets, presenting the new referral at physician meetings and finally streamlining the process for patient liaisons responsible for scheduling the referrals. These efforts helped us exceed our target, nearly doubling our referrals to an average of 231 per month. I am proud of these results and the work our multi-disciplinary team did to achieve them. I hope they will allow our diabetes education program to grow and ensure that all patients with diabetes at Northwestern Medicine are offered education because they deserve it and we know it makes a difference!

Special thanks to Radhika Mehta, MPH, Clinical Quality Program Manager, Northwestern Medical Group for her contributions to our CQI project.



Pictured from left to right: Allison J. Hahr, MD Clinical Practice Director of Endocrinology and Metabolism, Northwestern Medical Group; Lisa-Marie Harris, BSN, DCEs, Diabetes Education Program Coordinator, Northwestern Medicine; Grazia Aleppo, MD, FACE, FACP Professor of Medicine, Director, Diabetes Education Program, Northwestern Medicine.

---

If your patients or someone you know is struggling to pay for insulin, the ADA has resources to help—send them to [InsulinHelp.org](https://www.ada.org/insulinhelp).

---

There's nothing we can't do when we're Connected for Life.



[VIEW ONLINE](#) | [MANAGE YOUR COMMUNICATIONS](#) | [FORWARD TO A FRIEND](#)

American Diabetes Association | 2451 Crystal Drive, Suite 900, Arlington, VA 22202 | 1-800-DIABETES

Please add [reply@diabetes.org](mailto:reply@diabetes.org) to your address book to ensure you receive all future emails.

[Click Here to Unsubscribe.](#)

© 2020 American Diabetes Association, All rights reserved.