



American Diabetes Association®

Education Recognition Program

Winter 2017

Happy Holidays

The ERP team wishes each of you a joyous Holiday Season and a very Happy New Year! Please enjoy this issue and unwrap the treasures that ADA has to offer you. Our first gift to you is the new [Quality Coordinator \(QC\) Workbook](#). Join one of the monthly New Quality Coordinator conference calls (coordinators and educators can attend) by [registering](#).

ENJOY!!!

Diabetes Education

Our next ERP DSMES Recognition Symposium will be in San Francisco, CA on February 08, 2018.

The (ERP) DSMES Symposium highlights the 2017 DSMES Standards and the revised ADA Education Recognition Program Review Criteria and Indicators. Symposium attendees will earn 7.25 CEUs while participating in multiple activities focused on the adult learner and promoting networking and best practice sharing while obtaining a thorough understanding of how to operationalize the 2017 Standards. Recognized programs will be required to have the 2017 Standards operationalized effective May 1, 2018.

When:

Thursday, February 08, 2018
8:15 AM - 5:00 PM EST

Where:

Hyatt Regency San Francisco
Bayview Room B
5 Embarcadero Center,
San Francisco, CA 94111

Fee:

\$150.00 Registration Fee for
ERP Symposium

Registration coming soon on diabetes.org/erp.

Recognition Tips - 2017 Review Criteria and Indicators Revisions at a Glance

- Std. 1: Documentation of Organizational support in now required annually
- Stds. 2, 3, and 4: No changes
- Std. 5: Evidence of Paraprofessional instructors receiving 15 hours of training initially and annually; documentation reflecting paraprofessional instructors' competency in the DSMES areas she/he teaches initially and annually; Out of Scope of Practice document required for all services (previously it was only required for services that were single discipline)

- Std. 6: Curriculum must include these additional items: hypoglycemia, hyperglycemia, diabetes ketoacidosis, sick day guidelines, severe weather or situation crisis and diabetes supplies management; immunization and prevention of eye, foot, dental and renal examinations
- Std. 7: No changes
- Std. 8: The Diabetes Self-Management Support (DSMS) plan does NOT need to be communicated to the referring provider; a list of DSMS options must be provided to the participants; the DSMS options must be outside of the DSMES services; and DSMS options must be reviewed/revised annually at a minimum
- Std. 9: Documentation reflecting communication with referring provider or another healthcare provider outside of DSMES services on education planned or provided and participant outcomes
- Std. 10: CQI can now be also based on a program or process outcomes

65th Advanced Postgraduate Course

Don't miss important advances in diabetes management and treatment!

The Course will be held February 9-11, 2018 in San Francisco, CA and will cover the latest clinical research translated into evidence-based treatment strategies to improve outcomes in your patients with diabetes. Discuss clinical cases with our world-renowned faculty and take home practical management tools that you can begin using immediately in your practice.



The Course will offer 14.0 CE hours. Learn more and register today for the best selection of workshops <http://professional.diabetes.org/pg>.

Take the Next Step with America's Diabetes Challenge



America's Diabetes Challenge (ADC), a program from Merck and the American Diabetes Association, heard from patients and caregivers across the country that type 2 diabetes management isn't always easy. Through these stories, the program identified some common challenges like eating healthy, exercising, sticking to a treatment plan and coping with the disease. Now, ADC is sharing tips to help people tackle these challenges head on. Help your patients take the next step by encouraging them to check out the type 2 diabetes management tips and downloadable resources available on ADC's [website](#). It's important for the

diabetes community to know that their voice matters. Let your patients know that they can share their story, photo or video at AmericasDiabetesChallenge.com about how they're putting ADC's tips into action to show their progress!

LIFE IS TOO SWEET FOR ADDED SUGAR

At Zevia, we like to say that sugar reduction starts here! We strongly believe in the health benefits of sugar reduction and want to empower individuals to continue reducing sugar in their daily lives.

Sugar is hiding in everything. 74% of packaged foods in supermarkets contain added sugar.* It can be found lurking in surprising "healthy" places, from yogurt to granola, salad dressings, even smoked salmon! 43% of sugar consumption comes from beverages!

Stevia helps reduce sugar intake. Sugar is such a problem that the World Health Organization has issued a recent

warning urging governments to take global action to help decrease worldwide consumption, starting with sugary drinks. Stevia offers all the sweetness of sugar, without any of its harmful effects.**

New Year, Best YOU!

Check out these [delicious recipes](#) and kick off the New Year with the BEST you. Visit Zevia.com/store-locator to find Zevia products at a retailer near you.

*What We Eat in America (WWEIA) Food Category analyses for the 2015 Dietary Guidelines Advisory Committee. Estimates based on day 1 dietary recalls from WWEIA, NHANES 2009-2010.

**<https://www.ncbi.nlm.nih.gov/pubmed/24293005>

Hotels.com Gives Back

Let your next business or vacation stay help the Association support people impacted by diabetes. Hotels.com will donate 5% of all completed bookings through a dedicated Association link. Visit hotels.com/ada.



Books and other resources:

My Diabetes Emergency Plan Produced by the American Society of Clinical Endocrinologists, www.mydiabetesemergencyplan.com, is a checklist format contain information and resources for patients, healthcare professions and local emergency managers, as well as a video showing how to put together an emergency kit and downloadable PDFs in both English and Spanish.

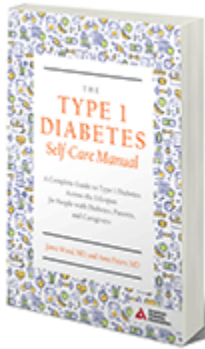


The Diabetes Carbohydrate & Fat Gram Guide, 5th Edition
Lea Ann Holzmeister, RD, CDE

The best-selling nutrition reference *The Diabetes Carbohydrate & Fat Gram Guide* is back! The fully updated 5th edition features complete nutrition information for more than 7,000 food and menu items, including name-brand foods, fast food, alcohol, meat, poultry, seafood, grains, pasta, desserts, and much more! This comprehensive resource has all of the information you need—straight from the diabetes experts—to make eating with diabetes easier than ever!

Item # 4708-05
ERP Member Price: \$10.17
Original Price: \$16.95

The Type 1 Diabetes Self-Care Manual
Jamie Wood, MD, and Anne Peters, MD



If you have type 1 diabetes or you care for a loved one or friend who does, you face a lifetime of ever-changing challenges. The good news is that this complex disease is manageable. *The Type 1 Diabetes Self-Care Manual* will help guide you through the different phases of life with type 1 diabetes so you can face these challenges with confidence. Written by Drs. Jamie Wood and Anne Peters, two of the leading experts on diabetes clinical care, the Manual covers all aspects of type 1 diabetes.

Item # 5039-01
ERP Member Price: \$11.37
Original Price: \$18.95

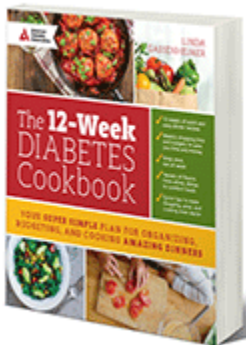
Designed for One!
Nancy S. Hughes



Many cookbooks focus on serving four people or more, but what if you want a delicious meal just for yourself? *Designed for One!* lets you treat yourself to single servings of flavorful meals without a shopping cart full of ingredients or tons of leftovers.

Item # 6317-01
ERP Member Price: \$11.97
Original Price: \$19.95

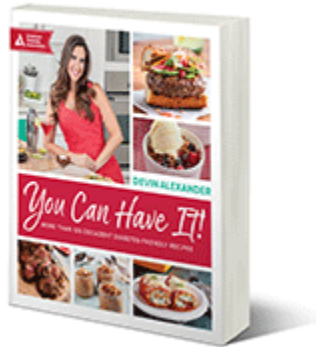
The 12-Week Diabetes Cookbook
Linda Gassenheimer



The 12-Week Diabetes Cookbook takes the guesswork out of planning and eating well with diabetes. Inside, you'll find everything you need to shop for, budget for, and cook 12 weeks of incredible, diabetes-friendly dinners. Detailed shopping lists allow you to shop just once for a full week of satisfying dinners, and weekly menus and cooking tips make it even easier to plan and prepare your meals.

Item # 4729-01
ERP Member Price: \$11.97
Original Price: \$19.95

You Can Have It! More than 125 Decadent, Diabetes-Friendly Recipes
Devin Alexander



Whether you're managing diabetes, want to lose weight, or just plain want to be fit while eating insanely scrumptious meals, weight-loss expert Devin Alexander is here to assure you, "You Can Have It!" The celebrity chef on the hit series, *The Biggest Loser*, and the author of the *New York Times* bestselling *The Biggest Loser Cookbook* series and *The Most Decadent Diet Ever!*, Devin Alexander, has created a collection of easy diabetes-friendly recipes that seem simply too good, and too decadent, to be healthy. Using her chef secrets, tips, and techniques that helped contestants on the hit show lose weight and that wowed customers in her restaurants, Devin Alexander has crafted more than 125 easy diabetes-friendly recipes that bust the myth that eating well means giving up the comfort foods you love. Best of all, Devin is living proof that these meals work—even as a chef, around food all day, she's lost 70 pounds and kept it off for close to 30 years! With beautiful photographs, doable tips, simple techniques, affordable ingredients, and mouthwatering meals, this is the cookbook every person who cares about their health (whether they have diabetes or not!) will want to own.

Item # 6321-01
ERP Member Price: \$14.97
Original Price: \$24.95

Available March 2018: Preorder Your Copy TODAY!

Spotlight

From the desk of Beth Lindsay-

The Diabetes Center at Carolinas HealthCare System – Cleveland is an ADA recognized DSMES services located in the foothills of western North Carolina. We received our initial certification in 2002. Our staff consists of 3 RNs and an RD, all of whom are part time and are Certified Diabetes Educators. In addition, we are blessed with a secretary with an amazing package of skills which greatly enhance our effectiveness. Our team is congenial, collaborative and cooperative. At our monthly staff meetings, we enjoy a covered dish lunch which affords us a little social time along with our agenda.

As a hospital based Center, we see outpatients by appointment, and inpatients upon receiving a physician consult. Additionally, we are a resource for hospital staff, participating in Rounds and multidisciplinary efforts to enhance glucose control for our inpatients. Our patient population includes pediatrics, women with gestational or preexisting diabetes in pregnancy, Type 1 and Type 2 diabetes patients. Additionally, two of our RNs are certified insulin pump and continuous glucose monitoring trainers. Each patient's learning needs are individually assessed; we strive to meet patients where they are and coach them toward improved self-management skills, using ADA guidelines. We offer flexible scheduling to accommodate patient needs, including early morning and evening appointments.

We also serve our community by speaking upon request at Senior Centers, churches and a variety of other venues. Additionally, we have been presenters for professional organizations including those for Pharmacists and Nurse Practitioners.

Our Diabetes Center staff are deeply invested in improving the lives of our patients. We rejoice when we see an improved A1C, notable weight loss, reduced medication or improved blood pressure. It is also rewarding to see patients' attitudes and self-care improve and result in positive lifestyle outcomes. We believe we are actively supporting our mission of empowering the person with diabetes to better manage his or her disease, avoid complications of diabetes and achieve optimum health.



Starting from left to right, our teammates are:

ereby Bryant, Secretary/Receptionist; Barbara Hannah, MS RD LDN CDE; Katrina Vogt, RN CDE; Suzi Davis, RN CDE; Beth Lindsay, RN BS
CDE

Providing free patient education resources and materials to
American Diabetes Association recognized program educators:

KRAMES
staywell

[VIEW ONLINE](#)

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