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Education for Life.



Greetings from the Education Recognition Program (ERP) team!

This summer, we are excited to announce the launch of the 2022 11th Edition ERP Quality Coordinator Guide! In this issue, you will find updates on Know Diabetes by Heart™ and advocacy initiatives.

Don't forget to check out our latest book on low carbohydrate eating plans—*Low Carbohydrate and Very Low Carbohydrate Eating Patterns in Adults with Diabetes: A Guide for Health Care Providers*. You'll want to add this to your collection of resources to help individuals living with diabetes!

We thank every one of you for all that you do for people with diabetes.

What's New



ERP Quality Coordinator Guide

We are excited to bring you the 11th Edition National Standards for Diabetes Self-Management Education and Support (NSDSMES) **Quality Coordinator Guide** along with the **Interpretive Guidance and Checklist!**

[Get the Guide](#)

Recent Updates:

- All new applications, Annual Status Reports, online samples, templates, and resources have been updated to align with the 2022 NSDSMES. Editable samples and templates can be found at diabetes.org/erpu using the password ERP1986.
- All open (started but not submitted) and submitted ERP applications will be held to the 2022 NSDSMES.
- All audits taking place in 2022 will be held to the 2022 NSDSMES.
- **View the outline of key changes** to the 2022 NSDSMES.

2022 11th Edition NSDSMES Presentation *(Recorded March 8, 2022)*

During this presentation, we discussed the changes from the 2017 Standards to the 2022 Standards. **View the webinar** with access code 438639.

Advocacy Corner

The American Diabetes Association® (ADA) is advocating in Washington, DC and throughout the states to maintain the Public Health Emergency (PHE) until there is adequate data showing that it is safe for this measure to be lifted. The PHE was implemented at the beginning of the COVID-19 pandemic to ensure that individuals could receive necessary health care services without the risk of contracting the deadly virus. The current PHE is set to expire on July 15. **Learn more about PHE and Safe at School®**.

Know Diabetes by Heart™ Offers Cutting-Edge Resources Focused on the Link Between Cardiovascular Disease (CVD) and Type 2 Diabetes

The American Heart Association and the ADA, along with industry leaders, are working together on the groundbreaking initiative, Know Diabetes by Heart, to reduce cardiovascular deaths, heart attacks, heart failure, and strokes in people living with type 2 diabetes.

The Know Diabetes by Heart initiative provides health care professionals with resources focused on the link between CVD and type 2 diabetes.

Join us on **June 22 at 12:00 p.m. ET** for an expert panel discussion on new science released at the ADA's 82nd Scientific Sessions. Panelists will discuss clinical highlights from the 2022 Scientific Sessions related to CVD and renal risk

management and how to apply these relevant highlights to improve patient outcomes.

Register Now!



AMERICAN DIABETES ASSOCIATION
82ND SCIENTIFIC SESSIONS RECAP

LATEST RESEARCH ON CVD AND DIABETES INCLUDING RENAL RISK MANAGEMENT
WEDNESDAY, JUNE 22, 2:00-3:00 PM ET

NEDA RASOULI
MD
PROFESSOR OF MEDICINE, UNIVERSITY OF COLORADO

SANJAY KAUL
MD, FACC, FAHA
PROFESSOR OF MEDICINE, CEDARS-SINAI MEDICAL CENTER

DENNIS BRUEMMER
MD, PHD
DIRECTOR OF CARDIOMETABOLIC HEALTH, CLEVELAND CLINIC

American Heart Association
Know Diabetes by Heart™
American Diabetes Association
Connected for Life

REGISTER TODAY!

- **Know Diabetes by Heart Pocket Guide: Guide to Clinical Care with Patients with Diabetes and Established Cardiovascular Risk:** Know Diabetes by Heart has summarized key clinical recommendations for cardiometabolic health management for people with type 2 diabetes.
- **Webinar series:** The Know Diabetes by Heart webinar series discusses cutting-edge topics such as up-to-date standards of care, guidelines, and their implications for type 2 diabetes and CVD—among other topics. The webinar archive includes over 20 webinars that are available for free and on demand.
- **Know Diabetes by Heart podcasts:** The link between CVD and type 2 diabetes has important implications for your patients. Join us for a podcast series that explores standards of care, guidelines, approaches to shared decision-making, and more.



Made possible with funding from:

REGENERON
SCIENCE TO MEDICINE®

Diabetes + Your Eyes

FREE WEBINAR

A Conversation Around Patient-centered Care

Presenters:

Tamica Nelson, Patient Advocate

Kristen Nwanyanwu, MD, MBA, MHS, Yale University

Michael Barnett, MD, T. H. Chan School of Public Health

Susan A. Primo, OD, MPH, FAAO, Emory University School of Medicine

Patricia Grant, MS, PhD, The Chicago Lighthouse

Wednesday, May 25, 2022 | 6:00- 7:00 p.m. ET

Register at: preventblindness.org/diabetes-webinar-05-22

Webinar: *Diabetes + Your Eyes: A Conversation Around Patient-Centered Care*

Prevent Blindness will be hosting a **FREE** webinar which will explain how health care providers coordinate care for people with diabetes, talk with each other, and consider patient's needs. We will hear from a person living with diabetes who has diabetes-related eye disease, along with leading doctors from across the U.S. who care for individuals with diabetes.

[Learn More](#)

If you were not able to attend, look for a link to this webinar at ERP University in June!

ADA Mississippi Wellness and Resource Series: Community Partners Needed for Participant Recruitment

The ADA is looking for community partners to help promote, recruit, and register participants living in Mississippi for the Wellness and Resource series, supported by UnitedHealthcare.

When a community organization recruits and registers at least 75 or more participants, the organization will receive stipends ranging from \$1,000–\$10,000. The ADA Mississippi Wellness and Resource series provides individuals and families with access to diabetes prevention and education resources. Participants that register for at least two free ADA programs will receive a wellness starter kit, including a \$15 grocery gift card.

For more information or to become a community partner, contact Alexandra Schofield at aschofield@diabetes.org.

Preferred Language for Weight: Inclusive Conversations with Youth and Their Families

The ADA's Youth Strategies Committee has developed this preferred language for discussing weight with youth with diabetes and their families.

[Learn More](#)



ADA Publications

Low Carbohydrate and Very Low Carbohydrate Eating Patterns in Adults with Diabetes: A Guide for Health Care Providers is a new resource designed to assist registered dietitians, certified diabetes care and education specialists, and other health care practitioners in assessing the appropriateness and potential benefits of a low-carbohydrate or very low-carbohydrate intervention for their patients. The guide includes tools and strategies for providers, as well as resources for patient education and meal planning, including extensive food lists and sample meals.

ERP Spotlight—Northwestern Medical Group

From the desk of Kara Blohm, RD, CDCES, Diabetes Education Quality Coordinator at Northwestern Medicine:

The Comprehensive Diabetes Education Program at Northwestern Medicine is an ADA-recognized program located in downtown Chicago, Illinois. It has been recognized by the ADA since 2012. In 2020, we expanded to five additional educational sites throughout the surrounding suburbs. Our Northwestern Medicine diabetes education team comprises three registered nurses and five registered dietitians all of whom are certified diabetes care and education specialists (CDCES). 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, MPI, Clinical Quality Program Manager; and Kripa Krishnan, Vice President of Operations for Northwestern Medical Group. We also work closely with nurse clinicians, patient liaisons, medical assistants, patient service representatives, and operations teams to provide person-centered care.

The CDCES team works closely with physicians to promote lifestyle changes to optimize health. Education is offered through individual appointments and group education classes. Classes are offered both in person and virtually and foster a collaborative and supportive learning environment with many opportunities to ask questions, practice newly acquired skills, and problem solve real life situations.

Last year, we graduated more than 133 participants from the diabetes self-management education and support (DSMES) program. Over 540 participants were enrolled. The average decrease in A1C for patients who attended group education last year was 1.84 percent.

Although individual and group diabetes self-management education (DSME) designed to meet ADA standards is the cornerstone of our educational program, 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 and a widely attended technology class providing an introduction to continuous glucose monitoring devices and insulin pump therapy. For those who decide to initiate diabetes technology, we offer training and follow up to ensure they feel comfortable managing their devices. As new technology becomes available, we tailor our education to ensure that patients are able to maximize it's benefits.

Since adding additional diabetes educators in 2021 and optimizing the referral process from primary care, we continue to see growth in our diabetes education program participation. Our goal is to ensure all patients with diabetes at Northwestern Medicine are offered education and the opportunity to engage with their own diabetes management plan, helping reduce the risk of complications, and promote a prosperous life! Diabetes education makes a difference!



Northwestern Medicine Central Region Outpatient Center: Kara Blohm (left), RD, CDCES and Pam Orr (right), RN, CDCES



Northwestern Medicine Glenview Outpatient Center: Dr. Emily Szmulowicz (left), endocrinologist and Kathy O'Gara (right), RN, CDCES



Northwestern Medicine Vernon Hills Outpatient Center: Rebecca Drayer (left), RD, CDCES and Christina Tamhane (right), RN, CDCES



Northwestern Medicine Grayslake Outpatient Center: Mary Miller, RD, CDCES



Northwestern Medicine Lake Forest Outpatient Center: Monica Joyce, RD, CDCES



Northwestern Medicine Lake Forest Outpatient Center: Wendy Wignot-Piekarz, RD, CDCES



