



American Diabetes Association®

Education Recognition Program

Fall 2017

Welcome

We hope this newsletter finds you well as Fall gives way to cooler weather and trees don on vibrant hues! This issue will include information on our NEW DPP charting platform, next ERP Symposiums, 2017 DSMES standards and many resources for you, your program participants and other health care providers. Feel free to always email us (erp@diabetes.org) or call (1-888-232-0822) with any recognition questions. Regular updates can be found at diabetes.org/erp.

Diabetes Education

DPP Platform:

If you haven't had the chance yet, please check out the Diabetes Prevention Program (DPP) charting platform! If you or the DPP Program Coordinator (DPP-PC) would like to be setup within the ERP Portal to use the platform, please submit a [DPP Platform Interest Form](#) or call 1-888-232-0822 ext. 3. Please note, the DPP charting platform is available to any DPP provider, not just ERP programs. Click [here](#) to view the schedule for the upcoming Q/A Calls and register for the next DPP Platform Call.

DiabetesPro Smart Brief:

Here are a couple of recent studies included in DiabetesPro Smart Brief supporting the significance of your DSMES program in potential organizational cost savings.

Study finds preoperative diabetes management improves glycemic control

Diabetes patients who participated in a diabetes management program before undergoing elective surgery reduced their mean blood glucose the day of the procedure from 146.4 mg/dL before the program to 139.9 mg/dL after the program, according to a study in the [Annals of Surgery](#). Researchers used a cohort of 3,909 diabetes patients and found that the program also helped reduce hypoglycemic events, the average length of hospital stay and intravenous antibiotic use beyond the day after the procedure.

[Medscape \(free registration\)/Reuters](#) (6/26)

Rehospitalization rate higher for hyperglycemia than hypoglycemia

A study in the [Journal of General Internal Medicine](#) found that 20.8% of diabetes patients initially admitted to the hospital for hyperglycemia were readmitted within 30 days for another episode of severe dysglycemia, while 6.7% of patients admitted for hypoglycemia were readmitted within 30 days. Researchers analyzed medical and pharmacy claims data for 342,186 adults.

[Healio \(free registration\)](#) (7/11)

Recognition Tips

The new 2017 National Standards for Diabetes Self- Management Education and Support is [available online](#). Stay tuned this fall for more details on the interpretive guidance and indicators through e-blast, ERP newsletters and monthly calls. Programs will be required to operationalize the new standards by **May 1, 2018**.

Upcoming ERP Symposiums

ERP DSME/S Recognition Symposium - Dallas, TX

Location: Dallas, TX

Date: Friday, November 10, 2017

[Learn More](#)

ERP DSME/S Recognition Symposium - Philadelphia, PA

Location: Philadelphia, PA

Date: Friday, November 17, 2017

[Learn More](#)

Please email ERP@diabetes.org or call 1.888.232.0822 if you have any questions.

STAYWELL/KRAMES news

Meet Laurinda Stokes

We would like to welcome Laurinda Stokes to the ADA StayWell team. She is the voice behind the monthly ERP Q&A calls. She provides a wealth of information that you can use as resources to help your patients. Laurinda would be happy to conduct a private Q&A session for your staff. Please contact her at lstokes@staywell.com.

What's New!

We are happy to announce the revised ADA-KSW website. Go to www.ada-ksw.com. Some of the improvements include:

- The English “Living Well With Diabetes” interactive workbook has a new look. It is also printable!
- The Spanish “Living Well With Diabetes” interactive workbook has been adapted to be culturally sensitive.
Differences include:
 - Faces of Hypoglycemia—Print tool not found in English version
 - My Plate Method—Provides Hispanic-/Latino-friendly options
 - Carbohydrate Counting Tool—Selections more appealing to Hispanic/Latino clients
- Living With Type 2 Diabetes program—The program overview brochure and packets have been updated to reflect the **New 6** packet program free to your recently diagnosed clients.
- The Foot Care Cut-Out is now available for you to print and distribute to your patients.

Krames On-Demand (KOD)

Featured Folders:

- Top HealthSheets—Contains the top 10 HealthSheets that the Education Recognized Programs are using.
- New pediatric diabetes folder—All HealthSheets for children and their parents in one easy access place.
- Multiple languages—Contains Diabetes topics in the language that best supports your client understanding.
- Low literacy—Contains HealthSheets in a pictorial “step-by-step” format.

Other Resources

Trade Takeout for Cook In

To encourage healthful eating, the American Diabetes Association® and Chef'd have teamed up to provide delicious, nourishing, and easy-to-prepare recipe kits inspired by the Association's award-winning cookbooks. Carefully evaluated by the Association's registered dietitians to ensure they meet our nutritional guidelines, the kits include detailed nutritional information such as calories, carbohydrates, and dietary fiber. With healthy, fresh ingredients and how-tos delivered to their door, your patients can skip takeout and cook in with confidence.

[Try a recipe kit today.](#)



Living with Diabetes: Ask the Experts Town Hall Series

The American Diabetes Association presents Living with Diabetes: Ask the Experts Town Hall, a free, online, educational event series focused on diabetes management. Launched in June and running through February 2018, the monthly series gives participants the opportunity to ask their questions to Association diabetes experts in a 45-minute Q&A session following a streaming video on a topic commonly faced by people living with diabetes. Upcoming themes include Blood Glucose for Beginners on September 27 and Grocery Shopping on Tuesday, October 17. Encourage your patients to learn more and register for individual events at diabetes.org/experts or text the word EXPERTS to 828282 to sign up for the event series. Click [here](#) to see the full schedule.

Back to school

The [article](#) provides pediatric providers with a wealth of recommendations and useful information to ensure a smooth and safe transition back to the classroom this fall for patients with diabetes.

Big flavors. Trusted source. Recipes to love. Diabetes Food Hub. Coming this fall.

We are excited to announce the launch of Diabetes Food Hub, a brand new digital cooking and recipe destination. Everything your clients love about Recipes for Healthy Living will be made even better with Diabetes Food Hub—more recipes, more expert advice, and more ways to find meals to cook, share, and love. The move to the new site will take place this fall and will bring a number of new features, including an improved user interface, delicious and stress-free recipes, prep tips, shopping lists, meal planners, and more. Crafted and reviewed by the food and nutrition experts at the American Diabetes Association, feel good about recommending options for your clients to make and enjoy healthy food that tastes great. Stay tuned for more!

Books

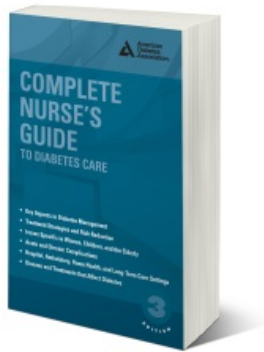


The Diabetes Carbohydrate & Fat Gram Guide, 5th Edition
Lea Ann Holzmeister, RD, CDE

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

Complete Nurse's Guide to Diabetes Care, 3rd Edition
Belinda P. Childs, MN, APRN, BC-ADM, CDE;
Marjorie Cypress, PhD, ANP-BC, CDE; and GERALYN
R. Spollett, MSN, ANP-BC, CDE, Editors

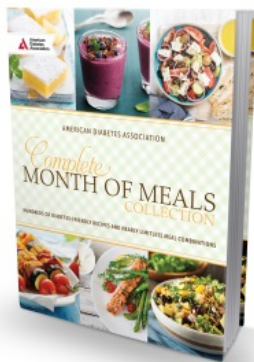


The third edition of the *Complete Nurse's Guide to Diabetes Care* is a comprehensive resource for all nurses who work with diabetes patients. Inside, readers will find expert advice on the evolution of the nurse's roles in diabetes care and education, recent research on complications and associated diseases, updated guidelines for nutrition therapy and physical activity, an extensive resources section featuring contact information for useful organizations and essential patient care, and much more!

The Complete Nurses Guide to Diabetes Care, 3rd Edition, gives nurses the tools they need to give quality care to the person with diabetes.

Item # 5423-03
ERP Member Price: \$35.97
Original Price: \$59.95

The Complete Month of Meals Collection
American Diabetes Association



Back in its beloved classic format, the *Complete Month of Meals Collection* is the ultimate cookbook and nutrition guide for people with diabetes, containing hundreds of recipes and meal planning tips from the American Diabetes Association's bestselling series of *Month of Meals* meal planners.

Using a unique, three-part split-page design, this interactive book allows readers to create meal plans instantly by mixing and matching breakfast, lunch, and dinner options. With bonus chapters on salads, sides, drinks, and desserts, the meal combinations are nearly limitless!

Item # 6316-01
ERP Member Price: \$17.97
Original Price: \$29.95

Spotlight

A shout out to the DSME team at St. Elizabeth Physicians Regional Diabetes Center whose dedication and commitment to excellence inspire us all!

From the desk of Linda Grey- Program Coordinator:

The Diabetes Education and Prevention Program at St. Elizabeth Physicians Regional Diabetes Center is an ADA recognized program located in Covington, KY serving the beautiful tri-state area near Cincinnati, OH. Recognized in 2007, the program serves clients in Kentucky, Ohio and Indiana. At the time, we were part of a private physician practice with 3 nurse educators and 1 dietitian. In 2010, we merged with the larger St. Elizabeth Healthcare system and moved to our current, primary facility, a beautiful, spacious office where we have a large, state of the art classroom, several education rooms, a conference room and many other resources. Our staff includes 7 RN, CDEs, 2 RD, CDEs and 2 RD, CDE candidates. Our providers include 6 Board Certified Endocrinologists, one of which is a CDE, and 3 Nurse Practitioners specializing in endocrinology. In addition to our primary site, we have 3 expansion sites to better reach our population in our outlying areas.

Our DSME program consists of an individual assessment followed by group classes offered at a variety of days and times in order to accommodate varying schedules. Patients with Type 1 diabetes are seen individually for their education. We also enjoy serving a large population of patients with gestational diabetes and offer a weekly gestational class which is always very well attended. All of our nurse educators are certified pump trainers and we are very proud of our comprehensive insulin pump and continuous glucose monitor program. Our pump and CGM protocol consists of a pump assessment class, pre-pump education, pump training and CGM training, followed by a site change visit and a follow up visit 2-4 weeks after pump training. The compassion, dedication, empathy, and expertise of our diabetes educators are validated by our very high patient satisfaction scores in all areas of our program.

In light of the expected announcement that Medicare will soon begin to reimburse for diabetes prevention education, our staff has put together a comprehensive diabetes prevention program that we look forward to implementing as soon as we can obtain reimbursement for these services. In the meantime, our diabetes prevention efforts are based on referrals of patients who have a diagnosis of pre-diabetes. Those patients meet with one of our dietitians for education on life-style and diet changes that may delay or prevent the onset of diabetes.

To enhance our program further, we have a monthly support group that is facilitated by one of our educators and extra Diabetes Self - Management classes annually such as "Cooking for One or Two" and "Cooking with Herbs". In addition we work in conjunction with and promote the Northern Kentucky Diabetes Coalition activities such as the Fitness Sampler Series and Healthy Grocery Store Tours.

The credit for our successful program really goes to the educators who have been here for a long time and the previous program coordinator who recently retired. I have had the good fortune of coming on board a short time ago as program coordinator and getting to be the one to demonstrate how our program makes such a huge difference for the diabetes population that we serve. Our staff has shown tremendous commitment to diabetes education, not only by continually striving to learn new skills and stay updated on the latest technology and products, but also by remaining dedicated to the work we do in spite of suffering some very tragic losses and events over the last few months. Each one of them has demonstrated great strength of character and work ethic by putting their personal grief and sadness aside while continuing to exhibit compassion, kindness, patience and positivity to each other and the patients we serve. Our team will continue to strive to support our mission of providing comprehensive and compassionate care through partnerships that improve the health of the people we serve.



Back row, left to right: Amy Coldiron, Nicole Schadler, Mary Mitchell, Cyndi Reusch, Jane Heffernan, Rae Elizagaray
Front row, left to right: Darla Schwenke, Linda Gray, Sarah Laube



Left to right: Ivy Sheehan, Linda Hoffsis

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

KRAMES
staywell

[VIEW ONLINE](#)

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Please add erp@diabetes.org to your address book to ensure you receive all future emails.

[Click Here to Unsubscribe.](#)

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