

Education for Life.



Education
Recognition
Program

Wishing you a happy and healthy New Year from the Education Recognition Program team!

The year 2020 will go down in history, and your work will revolutionize education. As you continue to ride this wave, we would like to take a moment to thank each and every one of you for everything you do for people living with diabetes.

This winter, we are excited to bring you the 2021 *Standards of Medical Care in Diabetes*, new education resources for educators and participants, and more.

What's New

American Diabetes Association® (ADA) Releases 2021 *Standards of Medical Care in Diabetes* Centered on Evolving Evidence, Technology, and Individualized Care

Last month, the ADA released the *Standards of Medical Care in Diabetes—2021* (*Standards of Care*). The 2021 ***Standards of Care*** is now live and online in our journal, ***Diabetes Care***[®]. Based on the latest scientific diabetes research and clinical trials, *Standards of Care* includes new and updated recommendations and guidelines for caring for people with diabetes. The *Standards of Care—2021* provides the latest in comprehensive, evidence-based recommendations for the diagnosis and treatment of children and adults with type 1, type 2, or gestational diabetes, strategies for the prevention or delay of type 2 diabetes, and therapeutic approaches that can reduce complications, mitigate cardiovascular and renal risk, and improve health outcomes.

This update presents:

- Evolving evidence for diabetes treatment for people also managing chronic kidney disease and heart failure
- The use of technology for diabetes management and individualized care as well as recommendations for continuous glucose monitoring (CGM) for people with diabetes based on therapy
- Important information on addressing social determinants of health in diabetes
- Barriers to and critical times for diabetes self-management education and support (DSMES)
- Vaccine-specific updates, including those related to COVID-19

The ADA also publishes the ***Standards of Medical Care in Diabetes—2021 Abridged for Primary Care Providers*** yearly in our journal, ***Clinical Diabetes***[®].

We also offer a convenient ***Standards of Care app*** as well as a ***Standards of Care pocket chart***. Other *Standards of Care* resources, including a **webcast** that is also **available with**

continuing education credit and a full **slide deck**, can be found on **DiabetesPro® Pracice Guidelines Resources Page**.

ERP University (ERPU)

At ERPU, you can choose from a selection of videos that cover each of the 10 **National Standards of Diabetes Self-Management Education and Support** as well as videos on navigating the ERP portal and the ERP website. We are committed to helping you find ways to understand and interpret the standards to better serve your unique program/service. Each video is followed by editable samples and templates for that specific standard.

ERPU is a new, free benefit of ADA's recognition Program and is only available to quality coordinators and staff members of recognized services.

To access ERPU, please go to diabetes.org/erpu and enter the password below.

ERPU Password: ERP1986 (case sensitive)

Please do not share the password with anyone outside of your recognized program/service.

Please Note: Continuing education credits are not offered for the content offered through ERPU.

Login to view opportunities

DSMS Toolkit for Educators and “My Support Plan” Worksheet for Program Participants

The ADA has developed Diabetes Self-Management Support (DSMS): A Toolkit for Providers and Educators and a plan for individualizing diabetes support for people with diabetes.

The **DSMS toolkit** provides information and guidance to help diabetes care providers and educators meet the National Standards for Diabetes Self-Management Education and Support, specifically, Standard 8: Ongoing Support.

The My Support Plan worksheet provides a reference sheet where patients can communicate their interests and find online resources for those interests. Diabetes care providers and educators can also identify local resources and activities that may benefit them as part of ongoing diabetes support.

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:

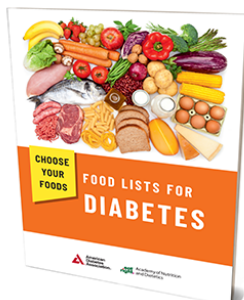
- New quality coordinators
- Application and annual status reports
- Chronicle Diabetes
- DPP Express Diabetes Prevention Program documentation platform
- ADA and CMS audit preparation



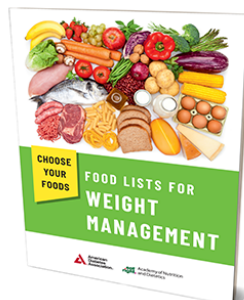
View the 2021 first quarter
webinar schedule

Choose Your Foods Patient Diabetes Nutrition Education Made Simple

Published with the Academy of Nutrition and Dietetics, the *Choose Your Foods* series is the most trusted meal planning tool for people with diabetes and has been used by nutrition professionals for years to help people make meal planning decisions, lose weight, and manage their blood glucose levels. Recently updated, it is now better than ever! These new editions include carbohydrate counts and choice values for a wider variety of foods, portion weights in ounces, and much more.



[Add to Cart](#)



[Add to Cart](#)



[Add to Cart](#)

Some exceptions apply. Membership, ERP and other discounts not applicable.

Free Nutrition Kit with Purchase!

For all orders of six or more packs of 25, receive a free Nutrition Kit. The Nutrition Kit includes a portion control plate and sample pack of placemats, including classic, southern, Hispanic, vegetarian, Asian, Indian, and Pacific Islander. Enter promotion code **CYFPOR**T at checkout or call 1-800-232-6733.

[View placemats](#)



Nutritional Resources

For additional Choose Your Foods and other nutritional resources from the ADA, please visit ShopDiabetes.org.



Program Spotlight

Veterans Affairs (VA) and Department of Defense (DOD) Receive ADA Recognition for Virtual DSMES Training

Leads for the Virtual Medical Center Diabetes Self-Management Training Program:

Mary M Julius, RDN, LD, CDCES

Nina Watson, MSN, RN, CDCES

Karen Rader, MS, BSN, RN-C

Stephanie Ansley, MS, RDN, LD, CDCES, PhD candidate

Heather Crosby, MS, RDN, LD, CDCES for the Virtual Medical Center Diabetes Self-Management Training Program

The Department of Veterans Affairs (VA) and Department of Defense have been awarded ADA recognition status for the Virtual Medical Center (VMC) DSMES Training Program.

The virtual medical center, developed by the VA Employee Education System, offers a 3D virtual environment in which learning is avatar to avatar—differentiating it from other telehealth delivery platforms. This is a unique training platform where 3D personalized graphical illustrations, called avatars, represent veteran patients and diabetes educators. This technology was first utilized for computer games.

The virtual medical center can be accessed from a computer by both the veteran and a certified diabetes care and education specialist, as well as other health care professionals.

The importance of ADA recognition status is that the novel VMC DSMES program meets the same rigorous educational standards as traditional face-to-face programs. This includes the “teach back method”, where patient avatars and their avatar caregivers are asked questions to be certain they understand and can act on key elements of self-management, including diet, exercise, glucose monitoring, managing medications, avoiding hypoglycemia, and individual goal setting.

ADA recognition status is also unique in that it was simultaneously awarded to two federal agencies across all 50 states plus military bases. Following completion of the pilot, veterans receiving VA care or active duty personnel and their beneficiaries receiving DOD care will be able to access the virtual medical center nationwide and provide them with another option to help them manage their diabetes virtually.

There are an estimated 1.6 million veterans receiving VA health care who are living with diabetes, nearly 25% of enrollees. Of all participants, 70% are over 65 years of age, one in four receive insulin, and one in five have chronic kidney disease. To advance their care and improve their quality of life, the VA has developed national programs for clinicians and veterans for hypoglycemic safety and diabetes numeracy with emphasis on topics such as

shared decision-making hypertension and chronic kidney disease. This virtual medical center represents another step forward in improving the lives of veterans with diabetes.



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.insulinhelp.org).

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 to your address book to ensure you receive all future emails.

[Click Here to Unsubscribe.](#)

© 2021 American Diabetes Association, All rights reserved.