

American Diabetes Association® Education Recognition Program

Spring 2019

Welcome

The American Diabetes Association's Education Recognition Program (ERP) team is excited to announce our new Managing Director, Sacha Uelmen, RDN, CDE. In addition to her new role with ERP, Sacha will continue to oversee Nutrition policy, a role she's had at ADA since 2016. She is enthused about her expanded role at the Association as Managing Director of Diabetes Education and Nutrition. Prior to coming to ADA, Sacha led a large DSMES program in Michigan that maintained recognition with ADA. Sacha is very much looking forward to working with and getting to know you. Feel free to email the erp team at erp@diabetes.org or call 1-888-232-0822 with any recognition questions. Regular updates can be found at www.diabetes.org/erp.

Diabetes Education

Join us for our next Symposium in our home office in Arlington, Virginia on Saturday, October 5, 2019.

This one-day DSMES Symposium will guide attendees through how to establish and maintain a DSMES service that adheres to the current 2017 National Standards for Diabetes Self-Management Education and Support. The program's goal is to increase patient access to quality, evidence-based, and sustainable DSMES services.

Continuing Education Opportunity: This symposium will accredit attendees with up to 7.25 CE credits.

When: Saturday, October 12, 2019

Where: American Diabetes Association National Office, 2451 Crystal Drive, Suite 900, Arlington, VA 22202

Time: 8:15 a.m. to 5:00 p.m.

Registration/Check-In: 7:30 a.m. to 8:15 a.m.

Fee: \$150 registration fee

[Learn more.](#)

Recognition Tips

Read the ADA's [New Position Statement on Care for Pediatrics Patient with Type 1](#) published last fall.

Books and other Resources

Join Us in San Francisco for the 79th Scientific Sessions

Register today for the world's largest, most prominent meeting on diabetes—the American Diabetes Association's 79th Scientific Sessions (#ADA2019). This year's meeting will be held June 7-11 at the Moscone Center in San Francisco, California.

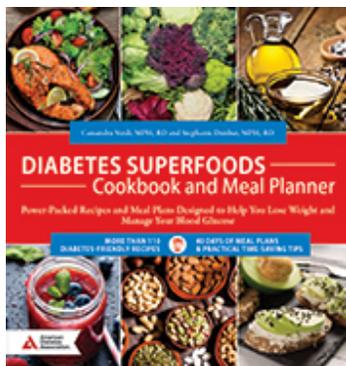


The Scientific Sessions offers researchers and health care professionals an amazing opportunity to share ideas and learn about the significant advances in diabetes research, treatment, and care. Over the course of five days, you will receive exclusive access to more than 2,500 original research presentations, take part in provocative and engaging exchanges with leading diabetes experts, and expand professional networks with colleagues from around the world.

Visit scientificsessions.diabetes.org for more information about the meeting, registration, and hotel reservations.

Diabetes Superfoods Cookbook and Meal Planner

Casandra L. Verdi, MPH, RD & Stephanie A. Dunbar, MPH, RD



Power-packed recipes and meal plans designed to help you lose weight and manage your blood glucose. *The Diabetes Superfoods Cookbook and Meal Planner* has the information you crave from experts you can trust. Inside you'll find an introduction to superfoods and their amazing health benefits, a master list of diabetes superfoods, and more than 110 energizing, easy-to-make recipes that feature delicious superfood ingredients. This practical guide also includes cooking tips and 40 days of meal plans to help you eat more superfoods every day. With this book, you're ready to harness the power of tasty, nutrient-packed superfoods!

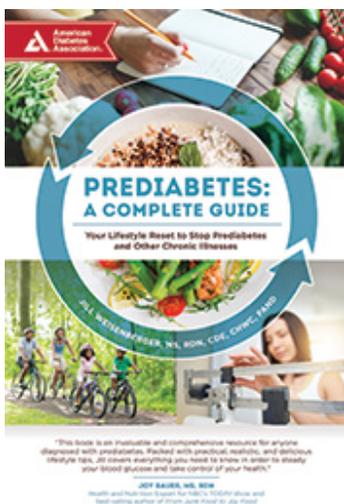
Item # 6315-01

Original Price \$19.95

ERP Member Price: \$11.97

Prediabetes: A Complete Guide

Jill Weisenberger, MS, RDN, CDE, CHWC, FAND



Written by Jill Weisenberger, a registered dietitian nutritionist, certified diabetes educator, certified health and wellness coach, and author of the American Diabetes Association bestselling book, *Diabetes Weight Loss—Week by Week*, this comprehensive guide will lead you through dozens of concrete steps you can take to reduce the risk of developing type 2 diabetes and other lifestyle-related chronic diseases. Taking an individualized approach to your lifestyle reset, *Prediabetes: A Complete Guide* will allow you to choose your own path to wellness and help you gain a greater sense of wellbeing, boost confidence in your abilities to maintain a healthful lifestyle, and potentially even help you reverse prediabetes, avoid type 2 diabetes and other chronic illnesses, and have you feeling better than you have in years!

Item # 5052-01

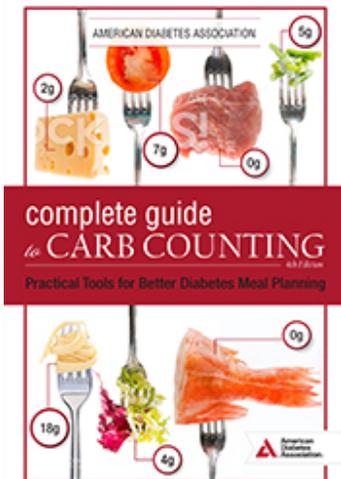
Original Price \$16.95

ERP Member Price: \$10.17

Complete Guide to Carb Counting, 4th Edition

American Diabetes Association

The new edition of the *Complete Guide to Carb Counting* has all the expert information you need to practice carb counting, whether you're learning the basics or trying to master more advanced techniques! If you or a loved one has diabetes, you may know that counting carbohydrates is a highly effective strategy

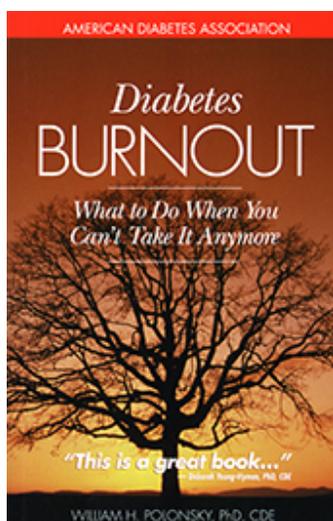


for managing blood glucose. However, the thought of tracking the carbs in everything you eat can be intimidating. Fortunately, carb counting doesn't have to be complicated. This comprehensive guide takes the guesswork out of carb counting so you can plan your meals and manage your diabetes with confidence.

Item # 4715-04

Original Price \$18.95

ERP Member Price: \$11.37



Diabetes Burnout: What to Do When You Can't Take It Anymore

William H. Polonsky, PhD, CDE

Diabetes Burnout is an interactive book that addresses the emotional issues that contribute to poor glycemic control and provides guidance to overcoming the barriers to good self-care. Worksheets help you assess your current state of motivation and establish a successful plan of action. This book addresses not only your frustrations, but also how burnout may contribute to poor self-care, high blood glucose & later complications. A series of interactive questionnaires and self-evaluations guide you toward overcoming barriers to good control.

Item # 4822-01

Original Price \$18.95

ERP Member Price: \$11.37

Spotlight

From the desk of Gretchen Youssef
MedStar Health – Medstar Health Institute

MedStar Health's ADA ERP consists of 9 sites located in the District of Columbia and Maryland in urban, suburban and rural community hospitals ranging from 200 to 700 beds. Our eighteen CDEs educate, coach, and assist in clinical management of over 3000 patients per year. Our diabetes team was not satisfied with our present practice and knew that there was much more we could do to impact positive patient outcomes. Many of our DSMES programs were siloed and DSMES/MNT episodic which are only a few of the factors that feeds into therapeutic inertia which prevents the patient from reaching their health goals.

In 2014 we began a journey that has transformed the care of our patients and our practice. Over 15% of our patients have A1Cs greater than 9% and the primary care providers do not have the time or resources to effectively care for these patients. The MedStar Diabetes Boot Camp, a pathway for those type 2 patients with A1Cs greater than 9% , is based on previous research on the management of hyperglycemia in the Emergency Department by RD, CDEs which was funded by a grant from the American Diabetes Association.

The MedStar Diabetes Boot Camp program was designed in collaboration with our system PCPs endocrinologists, diabetes educators, and diabetes stakeholders in the in the MedStar Healthcare System. The MedStar Boot Camp

targets adults with T2DM who are a part of a mixed payer system. Patients are identified and invited to participate in an intensive medication management and DSMES intervention lasting 12 weeks. The intervention consists of three key components: (1) intensive, algorithm-based medication management based on continuous review and management of blood glucose using a smart meter; (2) targeted diabetes self-management education; (3) a virtual clinic or command center where patients are followed from week 2 through 12 via phone, text, or email.

The intervention starts with two face-to-face meetings with the diabetes educator followed by virtual visits with a NP or CDE for the next 10 weeks. The KNOW Diabetes Knowledge test*, a 15-question survival skill/knowledge test, is administered through a tablet at the beginning of the appointment and the patient receives diabetes education videos based on their knowledge deficits. At visits one and two DSMES focuses on assessed needs and on survival skills including nutrition and meal plan basics, blood glucose targets, taking medications as prescribed, hyper- and hypoglycemia recognition and treatment, and when to seek medical help. The patient is taught to use the cellular enabled Telcare® meter which allows the NPs in the Virtual Clinic or Command Center to monitor all the patients' blood glucose real time. The educator discusses add-on diabetes medications with the patient using shared decision making. The Boot Camp NP reviews and signs off on the new diabetes medication. After visit two the DSMES/MNT continues, and the patient is given a warm handoff to the virtual clinic where the patient is followed for the following 10 weeks by the NP and continues to receive DSMES and intensive medication management. In the pilot of the first 100 patients the diabetes educator followed the patient for the entire 12 weeks. Due to staffing needs at this time a majority of the patients will be followed by the NPs in the virtual clinic. At twelve weeks the patient 'graduates' from the program and the NP refers the patient back to their PCP with a full report of medication changes, blood glucose readings, and further diabetes management recommendations, such as need for referrals for eye and foot exams and/or additional DSMES and MNT.

Over 700 patients have completed the program. Data on the first 366 patients compared to matched controls showed a 3.1% decrease in A1C and 77% reduction in 30- and 90-day hospitalizations. To date we are working on sustaining strategies to work with the patient to maintain their progress made over the past 12 weeks or continue to work toward their glycemic goal if not achieved over the past 12 weeks.



For picture:

Back row, left to right: Alison Archer, Milvia Lagarda, Susan Clark, Jessica Decostole, Kelly Smith, Paul Sack, Trish Montesinos, Clayton Bourges,
Middle row, left to right: Kristin Bartel, Lynne Brecker, Linda Rozzelle, Joan Bardsley, Janet James
Front Row, left to right – Gretchen Youssef, Debra Thayer, Michelle Magee, Duchess (Team Mascot), Carine Nassar, Kelley Baker, Alex Montero.

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

KRAMES
staywell

[VIEW ONLINE](#)

American Diabetes Association | 2451 Crystal Drive, Suite 900, Arlington, VA 22202 | 1-800-DIABETES
Please add erp@diabetes.org to your address book to ensure you receive all future emails.

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