## Diabetes Self-Management Education and Support Participant Record

### Topics Learning Objectives

<table>
<thead>
<tr>
<th>Assessment/Scale</th>
<th>1= needs instruction</th>
<th>2= needs review</th>
<th>3= comprehends key points</th>
<th>4= demonstrates understanding/competency</th>
<th>NC= not covered</th>
<th>N/A= not applicable</th>
</tr>
</thead>
</table>

### Diabetes Pathophysiology

Define diabetes and identify own type of diabetes; list 3 options for treating diabetes

### Healthy Eating

Describe effect of type, amount and timing of food on blood glucose; list 3 methods for planning meals

### Being Active

State effect of exercise on blood glucose levels

### Taking Medications

State effect of diabetes medicines on diabetes; name diabetes medication taking, action and side effects

### Monitoring Glucose

Identify recommended blood glucose targets and personal targets

### Acute Complications

List symptoms and treatment of hyper- and hypoglycemia, DKA, sick day guidelines and guidelines for severe weather or situation crisis and diabetes supply management

### Chronic Complications

Define the relationship of blood glucose levels to long term complications of diabetes and screening and preventative measures

### Lifestyle and Healthy Coping

Describe lifestyle and healthy coping strategies to promote diabetes self-management

### Diabetes Distress and Support

Recognize diabetes distress and be able to identify support options

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**Participant Selected Behavioral Goal/s and Outcomes:**

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**Clinical or Quality of Life Outcomes/s:**

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**Comments:**

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**Clinician Signature:** __________________________  **Clinician Signature:** __________________________

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Instructions for Form Use:

This form can be used for initial comprehensive DSMES and for post program DSMES. The top two rows of the above table are used to indicate this.

Top Row: Indicate if the participant visit/session is initial comprehensive DSMES or post program DSMES.

Second Row: Indicate if the column is being used to document education outcomes or re-assess the participant’s needs.