

## Complete Diabetes Self- Management Education and Support (DSMES) Curriculum

The DSMES service application requires a DSMES service to have a written complete curriculum based on the 9 topic areas listed in Standard 6 of the 2017 National Standards for Diabetes Self-Management Education and Support.

### Each of the 9 topics must include the following four components

- Learning objectives: What the participant will be able to do after completing the section.
- Method of delivery that is tailored and individualized for participant's needs and involves interaction.
- The content of the specific topic.
- Methods of evaluating successful learning of the topics.

### Curriculum Notes:

- A DSMES curriculum that meets Standard 6's indicators can be developed by the DSMES service or the service may choose to use an existing curriculum. The below is a list of some of the existing curriculums that meet standard 6's requirements.
  - American Diabetes Association Life With Diabetes
    - Recognized DSMES services can receive a 40% discount Life with Diabetes
    - [www.diabetes.org](http://www.diabetes.org)
    - Right Menu Bar - select ERP 40% discount on publications and books
  - International Diabetes Center Basic Diabetes Curriculum
  - Healthy Interactions Conversation Maps
  - AADE 7 Curriculum
- One curriculum can be cover all types of diabetes (pre diabetes, type 1 diabetes, type 2 diabetes, pregnancy with pre-existing diabetes, gestational diabetes). Some of the documents supporting the curriculum would be different for the various types of diabetes.
- The following 2 curriculum topics must include the below indicated content.
  - Preventing, detecting, and treating acute complications including hypoglycemia, hyperglycemia, diabetes ketoacidosis, sick day guidelines, and severe weather or situation crisis and diabetes supplies management
  - Preventing, detecting, and treating chronic complications including immunizations and preventive eye, foot, dental, and renal examinations as indicated per the individual participant's duration of diabetes and health status
- The DSMES service must have documentation reflecting the curriculum review or revision when needed or at a minimum annually.

The red underlined elements can be in any section of the curriculum but must be documented in the curriculum or an addendum to the curriculum.

## Curriculum Topic Area Example

### **Topic: Incorporating Physical Activity into Lifestyle**

**Purpose:** To provide information regarding the effects of physical activity on blood glucose and the possible dietary changes necessary with changes in activity. The opportunity to create an individual physical activity plan will be provided.

**Learning Objectives:** At the end of this session, the participant will be able to:

1. List three benefits of physical activity
2. Describe the effects of activity on blood glucose
3. State signs and symptoms of hypoglycemia
4. Describe how to make adjustments in food intake or insulin dose to account for activity
5. Develop a personal activity plan

### **Methods of Instruction:**

- Discussion
- Exercise video
- Q & A

### **Content:**

1. Benefits of regular exercise
2. Effects on blood glucose
3. Choosing/creating an exercise program
4. Cardio vs. resistance exercise
5. Hypoglycemia and exercise
6. Food/insulin adjustments for exercise
7. Tips for staying with your exercise program

### **Methods of Evaluation:**

- Responses to discussion activities
- Questions asked by participants
- Application of knowledge evidenced by review of exercise plan (if selected goal)