ADA Standards of Medical Care in Diabetes recommends all patients be assessed and referred for:

**NUTRITION**
Registered dietitian for medical nutrition therapy

**EDUCATION**
Diabetes self-management education and support

**EMOTIONAL HEALTH**
Mental health professional if needed

__FOUR CRITICAL TIMES TO ASSESS, PROVIDE, AND ADJUST DIABETES SELF-MANAGEMENT EDUCATION AND SUPPORT__

1. **AT DIAGNOSIS**
   - Newly diagnosed. All newly diagnosed individuals with type 2 diabetes should receive DSME/S
   - Ensure that both nutrition and emotional health are appropriately addressed in education or make separate referrals

2. **ANNUAL ASSESSMENT OF EDUCATION, NUTRITION, AND EMOTIONAL NEEDS**
   - Needs review of knowledge, skills, and behaviors
   - Long-standing diabetes with limited prior education
   - Change in medication, activity, or nutritional intake
   - HbA1c out of target
   - Maintain positive health outcomes
   - Unexplained hypoglycemia or hyperglycemia
   - Planning pregnancy or pregnant
   - For support to attain or sustain behavior change(s)
   - Weight or other nutrition concerns
   - New life situations and competing demands

3. **WHEN NEW COMPLICATING FACTORS INFLUENCE SELF-MANAGEMENT**
   - Health conditions such as renal disease and stroke, need for steroid or complicated medication regimen
   - Physical limitations such as visual impairment, dexterity issues, movement restrictions
   - Emotional factors such as anxiety and clinical depression
   - Basic living needs such as access to food, financial limitations

4. **WHEN TRANSITIONS IN CARE OCCUR**
   - Living situation such as inpatient or outpatient rehabilitation or now living alone
   - Medical care team
   - Insurance coverage that results in treatment change
   - Age-related changes affecting cognition, self-care, etc.

__WHEN PRIMARY CARE PROVIDER OR SPECIALIST SHOULD CONSIDER REFERRAL:__

- Needs review of knowledge, skills, and behaviors
- Long-standing diabetes with limited prior education
- Change in medication, activity, or nutritional intake
- HbA1c out of target
- Maintain positive health outcomes
- Unexplained hypoglycemia or hyperglycemia
- Planning pregnancy or pregnant
- For support to attain or sustain behavior change(s)
- Weight or other nutrition concerns
- New life situations and competing demands