A Written Complete Curriculum

The application criteria requires a program to have a written complete curriculum based on the 9 core content areas listed in Standard 6 of the 2012 National Standards for Diabetes Self-Management Education and Support.

Each content area includes the following four components for Pre-Diabetes, Type 1, Type 2, Gestational Diabetes and Pregnancy Complicated by Diabetes:

- Learning objectives: What the patient will be able to do after completing the section.
- Method of delivery that is tailored/individualized and involves interaction.
- Topic Content
- Methods of evaluating successful learning outcomes.

**Education documentation plan:** There is written documentation of the education process.

**Example:** Content Area: *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. Aerobic vs. anaerobic exercise
5. Hypoglycemia and exercise
6. Food/insulin adjustments for exercise
7. Tips for staying with your program

Methods of Evaluation:
- Responses to questions
- Questions asked by participants
- Application of knowledge evidenced by review of exercise plan (if selected goal)

Documentation:
- Date, content area, initials of instructor and post-education evaluation will be documented on the education record

Curriculum Note:
- A DSME curriculum that meets Standard 6’s criteria can be developed by the DSME program or the program may choose to use an existing curriculum. The below is a list of some of the existing curriculums that meet standard 6’s criteria.
  
  o American Diabetes Association Life With Diabetes
    ▪ Recognized DSME program can receive a 40% discount Life with Diabetes
    ▪ www.diabetes.org
    ▪ Right Menu Bar - select ERP 40% discount on publications and books
  o International Diabetes Center Basic Diabetes Curriculum
  o Healthy Interactions Conversation Maps
  o AADE 7 Curriculum