Welcome

Wishing you a wonderful Spring Season! Our team started the year with another successful ERP Symposium in Washington, D.C.! Read on to see where the next ones will be held this year…

Diabetes Education

The Diabetes Forecast 2017 Consumer Guide is now available online. See 150+ diabetes devices and self-care tools—blood glucose meters, apps, continuous glucose monitors, insulin pumps, infusion sets, insulin pens, glucose products, and more—that can help your patients manage diabetes during all those minutes they’re not in your office or program. The online guide includes free downloadable product specification charts that make it easy to compare features. A new feature this year: top diabetes management apps, considered in the framework of the self-care behaviors they are designed to support. With the guide, help your patients—whether diabetes beginners or advanced device users—shop smarter and get the most out of their tools and supplies.

Recognition Tips

ERP has developed the ultimate program coordinator resource, the PC Guide (PDF)! The guide is a great resource that can be used to assist program coordinators in keeping all their DSMES program documents that reflect compliance with the 10 national standards for DSMES in one location and organized. The guide is a user friendly resource with sample forms, tips, and templates organized by standard. It was developed with 4 key goals: No more lost documents with program coordinator changes, no more over working standards, no more fearing a program audit during a vacation, and provide it to programs for the low, low price of FREE!!! Recently ERP added a couple of new forms on pages 46-48 that will help you to keep charts ready for an audit.

Also important to note is that, the DSMES standards are currently under revision and the 2017 National Standards for DSMES will be released in the October issue of Diabetes Care. The guide resources will also be revised to reflect the 2017 standards and ERP will highlight the revised guide edits and pages in Recognition News over the next year, so stay tuned.
77th Scientific Sessions

Registration for this year’s Sci-Sessions is up and running! We would like to highlight the ERP session during which the 2 co-chairs of the 2017 National Standards in DSMES workgroup will discuss the 2017 DSME Standards revisions. The session agenda will be as follows:

ADA Education Recognition Program Symposium—Introduction to the 2017 National Standards for Diabetes Self-Management Education and Support

Session Chair: Jo Ellen Condon RD, CDE

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<th>Time</th>
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| 7:00 a.m.-8:30 a.m. | The Revised National Standards for Diabetes Self-Management Educatio and Support (Standards 1-5)  
Joni Beck, PharmD, BC-ADM, CDE, 2017 NSDSMES Co-Chair |
| 8:00 a.m.-9:00 a.m. | The Revised National Standards for Diabetes Self-Management Educatio and Support (Standards 6-10)  
Deborah A. Greenwood, PhD, RN, CNS, BC-ADM, CDE, FAADE, 2017 NSDSMES Co-Chair |
| 9:00 a.m.-9:20 a.m. | The Revised Review Criteria Standards 1-5 in Draft  
Priscilla Faulkner, RN, CNS, CDE, MA, MS |
| 9:00 a.m.-9:40 a.m. | The Revised Review Criteria Standards 6-10 in Draft  
Terri Francis, MSN, RN, CDE |
| 10:00 a.m.         | Question and Discussion Period                                       |

Upcoming DSME Symposiums

The Education Recognition Program (ERP) is excited to announce that we will be hosting multiple DSMES Symposiums this year. We have two symposium registrations open now and are in discussions of additional ones this year.

The ERP Diabetes Self-Management Education/Support Recognition Symposium is an accredited healthcare provider continuing education program. The program’s ultimate goal is to increase patient access to quality, evidence based, and sustainable DSMES programs. The one day program will guide attendees through how to establish and maintain a DSMES program that adheres to the National Standards for Diabetes Self-Management Education and Support. **Attendees can earn up to 7.25 CME credits.**

**Baton Rouge, LA**
**Date:** Friday, September 22, 2017
[Learn More]
Diabetes Education Reimbursement Resource

ChangeLab has developed very user friendly resources to assist ERP programs and others to better understand their state DSME coverage laws and DSME coverage requirements. These resources can be found at these two links:

http://changelabsolutions.org/publications/DSMET-State-Profiles

Survey

Greetings from the Nutrition Team at the American Diabetes Association!

We have received a lot of feedback from many of you over the last year that you would like to see the healthy diabetes placemat as an item for purchase on our website.

As you may have heard, we have re-designed the plate and will be offering plate images from a variety of cultural eating styles to provide more relevant guidance for you to utilize in your nutrition therapy and education sessions. The new images include at least 2 non-starchy vegetables on each plate as well as foods that meet the needs of a more diverse audience. As we move forward in this project, it is important for us to understand how you would use this resource in your own practice. Please take just a few minutes to complete this brief survey.

Other Resources

Nutritious, Delicious, and Delivered to Your Door

Eating healthy with diabetes isn’t always easy. To help, the American Diabetes Association® has partnered with Chef’d to deliver delicious, easy-to-prepare recipe kits right to your door. Each dish has been carefully evaluated and selected by the Association’s registered dietitians, ensuring all meals are filled with nourishing ingredients to help those living with diabetes eat healthy and live better. Start with the popular Linguine with Pesto Chicken or be
adventurous and try something new. Start cooking today!

The Diabetes 2-Month Turnaround
Laura Hieronymus, DNP, MLDE, BC-ADM, CDE, and Stacy Griffin, PharmD, LDE, CPT

The Diabetes 2-Month Turnaround provides a straightforward, effective 8-week blueprint for identifying diabetes management challenges and making lasting improvements. Each week details specific advice and actionable steps to help with monitoring, problem solving, nutrition, health care appointments, and more. By Week 8, you’ll be well on your way to developing positive life-changing habits that will get your self-management back on track.

Item # 5038-01
ERP Member Price: $10.17
Original Price: $16.95

4-Ingredient Diabetes Cookbook, 2nd Edition
Nancy S. Hughes

Making delicious meals doesn’t have to be complicated, time-consuming, or expensive. You’ll be amazed by the dishes you can prepare with just a few simple ingredients and The 4-Ingredient Diabetes Cookbook, 2nd ed. This updated and expanded edition features more than 160 diabetes and heart friendly recipes that can be prepared in a snap.

Item # 4662-02
ERP Member Price: $11.37
Original Price: $18.95
Switch It Up
Corinne Trang

Bored with the same old dishes for dinner every night? Transform the way you think about healthy eating for diabetes with *Switch It Up*. Inspired by cuisines from around the world, this cookbook features 50 delicious, diabetes-friendly dishes made with readily available ingredients, along with food pairing suggestions to help you create colorful meals.

Item # 4728-01
ERP Member Price: $8.97
Original Price: $14.95

21 Things You Need to Know About Diabetes and Weight-Loss Surgery
Scott A. Cunneen, MD, FACS, FASMBS, and Nancy Sayles Kaneshiro

21 Things You Need to Know about Diabetes and Weight-Loss Surgery offers straightforward information about the top metabolic surgeries performed today—the gastric bypass, sleeve gastrectomy, and adjustable gastric band. With its reader-friendly tone and format, this book is an invaluable resource for anyone with diabetes who is considering weight-loss surgery to improve their glycemic control and overall health.

Item # 5042-01
ERP Member Price: $7.77
Original Price: $12.95

**Spotlight**

A shout out to the whole DSME team at Kalispell Regional Healthcare (KRH) in Montana for their passion and rising to the challenges of providing education to remote locations by transforming their innovative ideas into reality!

From the desk of Colleen Karper – Program Coordinator at KRH:

The Diabetes Education and Prevention Program at Kalispell Regional Healthcare (KRH) is an ADA recognized program located in magnificent Northwest Montana. The program was initially recognized in 2001. At the time we had 2 part time diabetes educators sharing a
small office in the hospital. Over the years we have grown to include 2 full time Registered 
Dietitian (RD) Educators and 2 full time Registered Nurse (RN) Educators. We also have 
recently added a part time RD Educator to serve our pediatric endocrinology clients. Our 
diabetes education/prevention service area ranges over an approximate 18,700 square mile 
region inclusive of the five main counties where we provide outreach. In addition to our 
primary site we have two multi sites and four expansion sites in order to reach this unique, 
frontier population. Using the AADE 7 self-care behaviors as a guide we offer individual and 
group diabetes self-management education sessions. Each patient receives individualized 
education that best fits their lifestyle and goals. Patients are able to follow up regularly with 
one of our five diabetes educators, developing trusted healthcare relationships along the 
way.

The Lifestyle Balance Program is the national diabetes prevention program which we offer 
twice a year. This is a 12 month program and is grant funded through the Montana 
Department of Public Health and Human Services. Participants receive lifestyle change 
education and resources which help them lose weight, increase activity and prevent 
diabetes. All diabetes prevention instructors hold Health and Wellness Coach Certification 
through Well Coaches Corporation.

In order to reach the frontier areas of our region, the diabetes education and prevention 
program is embracing the use of tele-health technology. These services have expanded 
greatly within the last year. Diabetes self-management education is now provided to four 
sites throughout western and central Montana. The Lifestyle Balance Program is offered via 
tele-health to a facility in Plains, Montana. By developing relationships with rural access 
hospitals in these small communities and with the use of tele-health technology, over forty 
patients have been served.

Additionally, we are offering a monthly diabetes cooking club and support group in 
collaboration with a local grocer. We are caring for patients diagnosed with gestational 
diabetes and preexisting diabetes in pregnancy through a close partnership with the Montana 
Perinatal Center. We have been offering insulin pump and continuous glucose sensor 
training and follow up. We provide inpatient diabetes education at Kalispell Regional Medical 
Center as requested. In 2017 we plan to add a 12-week diabetes weight loss class and a 
young adult support group.

Our program staff demonstrates an ongoing desire and ability to develop partnerships that 
extend our expertise and programs into different settings in order to improve patient access 
to diabetes care and the opportunity to learn the skills needed to manage or prevent 
diabetes. We also strive to enhance our staff experience by giving them new opportunities to 
be creative and develop their professional and technical skills. We will continue striving to 
support our mission to improve the health, comfort, and life of people with diabetes and those 
at risk for diabetes.

Like us on Facebook

Thanks to all of the Diabetes Educators at KRH for their contributions to this article.
In the photo the educators are from left to right in the back: Colleen Karper, BSN, RN, CDE and Brittany Schultz, BSN, RN.

In the front from left to right: Grace Caplan, RD, CHWC, Julie Shobe, MS, RD, CDE, Leslie Coates, MS, RD, CDE, CHWC

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

KRAMES staywell