

Enjoy a Healthy Life: Everyone with Diabetes Counts

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Diabetes Empowerment Education
Program (DEEP)

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Diabetes Self-Management Program
(DSMP)

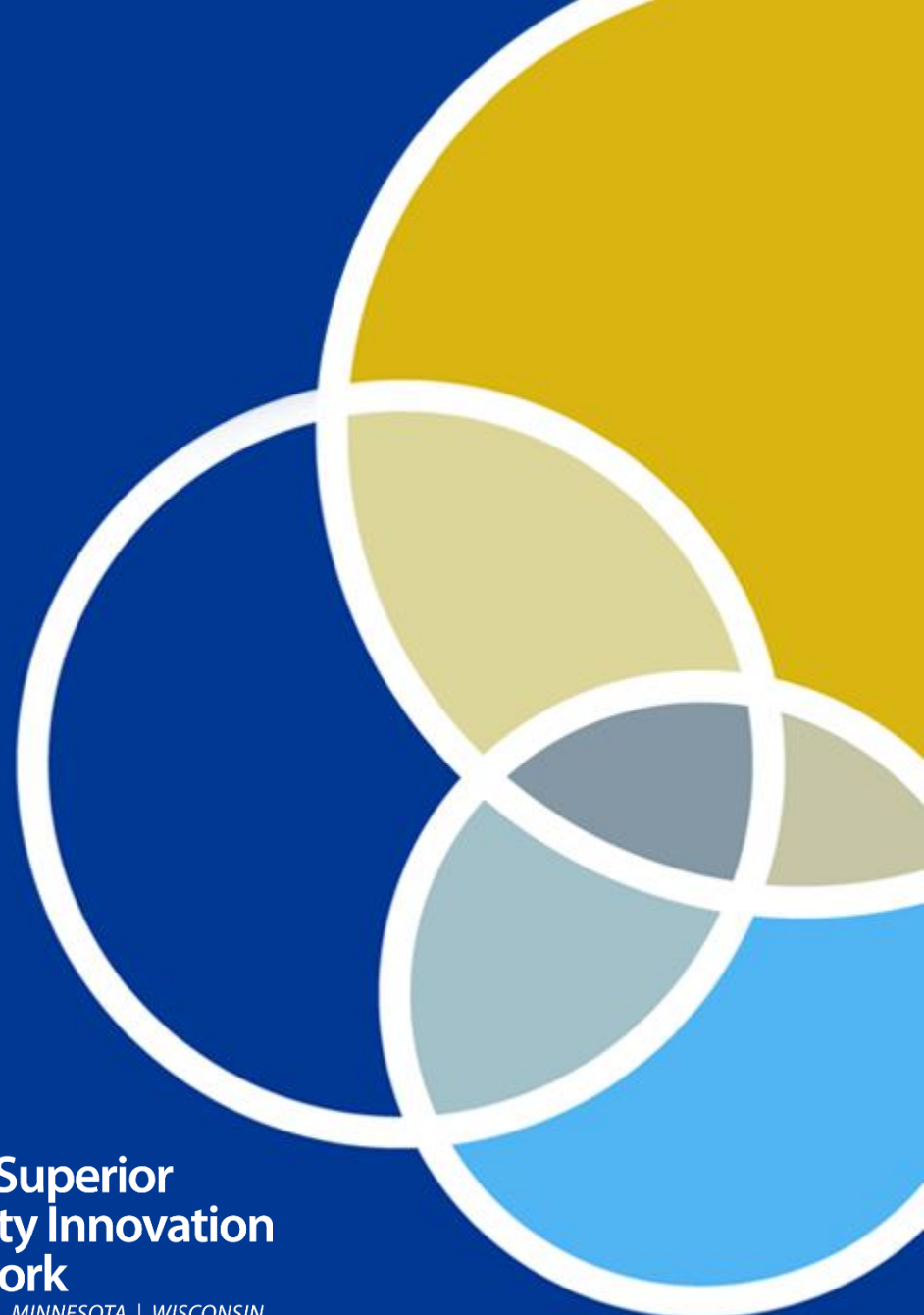


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Objectives

1. Describe the Everyone with Diabetes Counts programs - DEEP and DSMP
2. Identify program successes, challenges, and opportunities
3. Learn how to create an EDC program in your community

EDC: Diabetes Self-Management Education

Diabetes Empowerment Education Program (DEEP)

Diabetes Self-Management Program (DSMP)



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What Is DEEP?

DEEP is a unique, multi-cultural, self-management education program for adults with type 2 diabetes (and prediabetes)

- Community-based
- Training-of-trainers approach
- Led by trained peer educators/community members
- Tested in various health centers and community settings across the nation

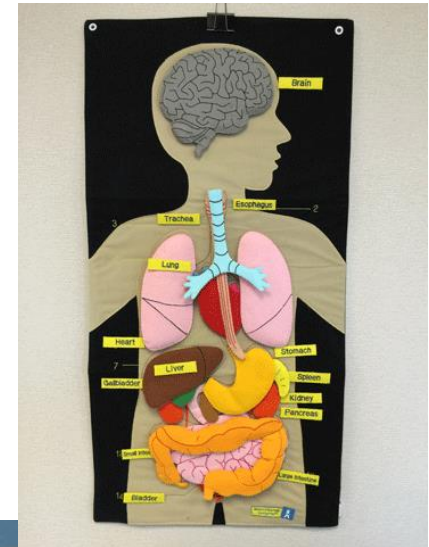
DEEP Helps Participants:

- Gain knowledge and skills to facilitate short- and long-term behavioral change
- Increase knowledge of diabetes and its risk factors
- Develop skills to reduce risk factors
- Increase self-management skills – including problem solving
- Develop skills to manage emotional issues
- Create weekly “action plans”

DEEP Sessions

- Understanding the Human Body
- Risk Factors and Complications
- Monitoring your Body
- Planning your Meals
- Medication and Medical Care
- Get up and Move – Living with Diabetes

Hands On Learning . . .



Benefits of DEEP

- Community-based approach
 - Located where people live, gather, worship, etc.
 - Facilitated by peer health educator (ideally)
 - Successful in hard to reach populations
- Uses “living room language”
- Starts with a review of the human body
- Provides ongoing community support
- Gateway to DSMT/MNT



DEEP Workshop

- One workshop = six sessions
- Each session = 2 hrs
- Workshop is one day a week for six weeks
- Facilitated by trained peer and community health educators
- Does not conflict with existing programs and treatments
- Participants are referred to physician, pharmacist, or CDE for all medical questions

DEEP Overview

DEEP workshops have just begun in Minnesota:

- Focus is on underserved areas of the Twin Cities and high risk rural communities
- Hope to partner with stakeholders across the state in high risk rural and metro areas
- Train peer health educators from the community
- Engage participants where they live, work and play



What is DSMP?

Classes are highly participative, in which mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

- “Living Well with Diabetes”
- Program to promote diabetes self-management for persons with type 2 or 1 diabetes
- Makes the assumption participants have attended introductory diabetes education

DSMP - Helps Participants

- Manage symptoms
- Communicate effectively with doctors and other healthcare professionals
- Reduce frustration
- Fight fatigue
- Build confidence
- Eat healthy foods
- Monitor blood sugar
- AND...get more out of life!

DSMP Workshop

- 2 ½ hour workshop, held each week for six weeks
- Facilitated by trained volunteers and professional leaders who have chronic conditions themselves on how to better manage your diabetes
- Set your own goals and make a step-by-step plan to improve your health – and your life
- Does not replace existing programs and treatments
- It is the process in which the program is taught that makes it effective

DSMP Tool Box

Healthy Eating
Medication
Exercise
Working with Your
Doctor
Stress Management
Avoiding Complications
Monitoring Blood Sugar

Communication
Problem Solving
Dealing with Difficult
Emotions
Thinking Activities
Action Planning

What Are the Differences?

DEEP

- Uses “Living Room” language
- Starts with understanding the human body
- Requires one trained leader – but nice to have a helper
- Serves as a liaison to health system/clinic DSMT/CDEs
- Some flexibility in presentation of curriculum
- Lends itself to the creation of ongoing support groups

DSMP

- Very scripted so you know what to say, which maintains fidelity
- Required to have 12- 16 people
- Assumes people have a basic knowledge of diabetes
- Reinforces what they have learned in their Diabetes Education Program
- Time period in workshop is ½ hour longer
- Led by two trained leaders

EDC: Diabetes Self-Management Education

Successes, Challenges, and Opportunities . . .



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From the Participant Perspective. . .

- Brief overview
- Topics of interest
- What brought you and kept you coming
- What would have made DSMP better
- Any other insights / observations

Successes

- Health Fairs
- Health Plans
- Diabetes Educators
- Senior Centers
- Senior Residences
- Hands on Learning
- Incentives and gift cards work (dependent on populations)

Challenges

- Lack of statewide diabetes self-management infrastructure (big gaps)
- Often the 12 – 16 class size is a barrier in DSMP
- Recruitment
- Data Collection
- Engaging patients/participants
- Competing priorities
- Buy-in from health systems and clinics

Challenges

- Limited reimbursement
 - DSMT: New DM: 10 hrs/yr; Existing DM 2 hrs/yr
 - DEEP/DSMP: No reimbursement – limited funding
- Hard to reach populations (disenchanted, access, literacy limitations)

Opportunities

- Participants are asking for more education
- Making connections between community participants and health systems/clinics
- Assisting organizations that want to become DSMT centers with certification
- Helping potential CDEs get their practice hours
- Exploring automated diabetes education referral (DSMT) and/or recommendation (DEEP/DSMP)

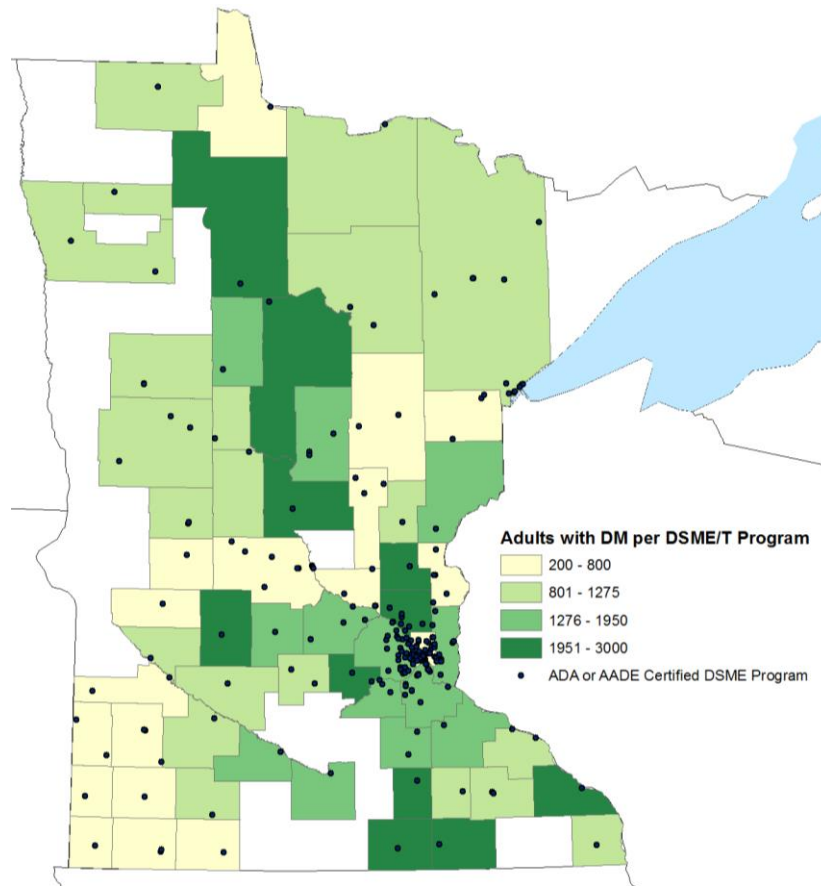
Is EDC Right for Your Community?



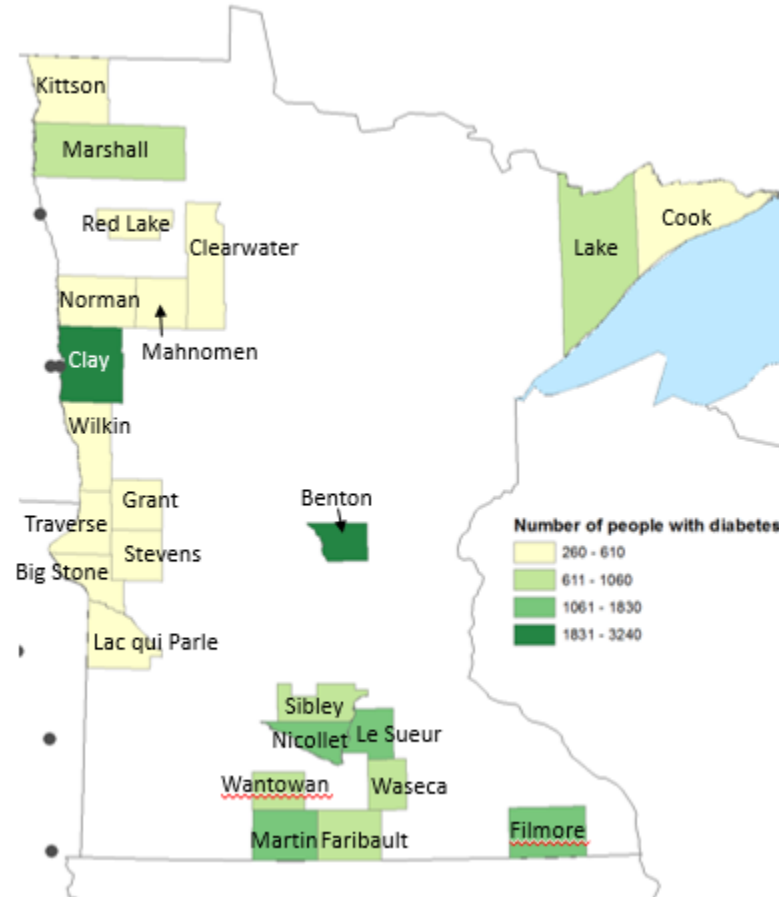
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DSME Need Areas in Minnesota



Counties with No DSMT (ADA or AADE) Programs



What Can We Do Together?

- Create DEEP/DSMP programs where a diabetes support community is needed
- DEEP/DSMP can cross-refer those who are “ready” for more in-depth training and education to health systems/clinics
- Health systems/clinics can cross-refer patients who need community-based support in diabetes self-care to DEEP/DSMP
- Work on EHR systems so diabetes referrals and education recommendations become an automated process

Call Us If Interested In. . .

- Strengthening the diabetes self-management infrastructure in your area
- Learning more about DEEP or DSMP
- Determining which program (DEEP or DSMP) is right for your community
- Hearing about training opportunities for DEEP and/or DSMP
- Setting up a workshop

Next Steps: Hosting a DEEP or DSMP workshop

1. Give us a call to determine if a DEEP or DSMP program is up and running in your area (if not we can work together to get one started)
2. Secure a location
 - Find a meeting space large enough for 10-20 people
3. Recruit participants
 - Sign up 10-20 older adults* with diabetes
4. Provide a healthy snack (optional)
 - A snack is a great way to encourage participants to eat healthy and stay engaged

Questions?

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11SOW-MN-B2-15-51 060315

