

## Standard 9

### Behavior Change Goal Achievement

The Diabetes Self-Management Education (DSME) programs will measure attainment of patient-defined goals and patient outcomes at regular intervals using appropriate measurement techniques to evaluate the effectiveness of educational interventions. Please find a sample of this standard below:

#### Patient-defined Goals and Patient Outcomes

1. Data Collection
  - a. Individualized Data
    - i. Participant-defined behavior change will be measured using the AADE7 software (**This is not a requirement**), based on the AADE7 self-care behavior framework. SMART goal sheets will be utilized for patient motivation and program documentation.
    - ii. Long-term health outcomes measurement will be determined by guidance of the Diabetes Advisory Group and tracked using the AADE7 software. Based on the XXXXXXXXXX initiative to “XXXX”, as measured through mean hemoglobin A1C decrease” current clinical data collection, at a minimum, includes:
      1. Weight
      2. Hemoglobin A1C
  - b. Aggregate Data
    - i. Participant-defined behavior change will be measured using the AADE7 software (**This is not a requirement**), based on the AADE7 self-care behavior framework.
    - ii. At least one long-term health outcomes measurement will be determined by guidance of the Diabetes Advisory Group based on influence of “Diabetes Self-Management Education Core Outcomes Measures,” Mulcahy, et al, Diabetes Educator, September/October 2003) and tracked using the AADE7 software.
2. Frequency of Measurement
  - a. Individual self-care behavior change data and selected health outcomes will be documented in the AADE7 software database at each patient encounter
  - b. Individual self-care behavior change data will guide the education/training process
3. Evaluation
  - a. Aggregate data will guide the Diabetes Advisory Group in determining CQI projects, annually.