The CDC Diabetes Self-Management Education and Support Toolkit: An All in One Resource for Diabetes Specialists

Jacquelyn Houston, MPH, PHCNS-BC, RN
Centers for Disease Control and Prevention

Laura Emerson Edwards, RN, MPA
Collaborative Health Solutions

August 12, 2019

Jacquelyn Houston
MPH, RN, PHCNS-BC
Program Consultant
Division of Diabetes Translation
Centers for Disease Control and Prevention
Atlanta, Georgia
Disclaimer

The information presented here is for training purposes and reflects the views of the presenters. It does not necessarily represent the official position of the Centers for Disease Control and Prevention.

Disclosure to Participants

- Notice of Requirements For Successful Completion:
  - Please refer to learning goals and objectives
  - Learners must attend the full activity and complete the evaluation in order to claim continuing education credit/hours
- Conflict of Interest (COI) and Financial Relationship Disclosures:
  - Jacquelyn Houston, MPH, RN, PHCNS-BC – No COI/Financial Relationship to disclose
  - Laura Emerson Edwards, RN, MPA – No COI/Financial Relationship to disclose
- Non-Endorsement of Products:
  - Accredited status does not imply endorsement by AADE, ANCC, ACPE, or CDR of any commercial products displayed in conjunction with this educational activity
- Off-Label Use:
  - Participants will be notified by speakers of any product used for a purpose other than for which it was approved by the Food and Drug Administration.
Objectives

• Describe the purpose and two content areas of the Diabetes Self-Management Education and Support (DSMES) Toolkit.
• List two ways to use the toolkit to increase access, participation, and coverage for DSMES.
• Identify 3 ways you may apply the toolkit in your DSMES service.

Current Reality of Diabetes and DSMES

Diabetes Fast Facts

• 30 million U.S. adults have diabetes
• 1 in 4 don’t know they have it
• 7th leading cause of death in the US
• No. 1 cause of kidney failure, lower-limb amputations, and adult blindness
• Medical costs and lost work and wages for persons with diagnosed diabetes total $327 billion yearly

DSMES Defined

• The ongoing process of facilitating the knowledge, skill, and ability necessary for diabetes self-care

• Incorporates the needs, goals, and life experiences of the person with diabetes, and is guided by evidence-based standards


Benefits of DSMES

• Multiple studies have demonstrated benefits and cost savings

• Reduction in:
  – A1c
  – Hospital and E.R. visits
  – Health care costs


DSMES Utilization

• 6.8% of persons with newly diagnosed type 2 diabetes with private health insurance received DSMES within 12 months.1

• Less than 5% of Medicare participants with newly diagnosed type 2 diabetes received DSMES.2


**DSMES Strategies at CDC**

- Increase access to and participation in American Diabetes Association (ADA)-recognized and American Association of Diabetes Educators (AADE)-accredited DSMES
- Increase health benefit coverage for DSMES

**Goal of the DSMES Toolkit**

To increase access to quality DSMES services that meet the National Standards for Diabetes Self-Management Education and Support

[Website: www.dsmes.org]
Purpose of the DSMES Toolkit

- Communicate the evidence (clinical/economic) and benefits of DSMES.
- Provide resources to facilitate becoming a recognized or accredited DSMES service.
- Compile resources on DSMES referrals, delivery, and reimbursement.

Purpose of DSMES Toolkit

- Describe common barriers to DSMES, and provide tips for overcoming them.
- Articulate the business case for DSMES to payers and employers.

Audiences

- Diabetes Educators (RDNs, RNs, PharmDs, CDEs)
- State/local public health and other stakeholders working to increase access to DSMES
- Health care providers seeking to refer persons with diabetes to DSMES services
Advisory Committee

- Sridhar Balasubramanian, MBA, PhD
- John Buse, MD, PhD
- Ronny Bell, PhD, MS
- Jo Ellen Condon, RD, CDE
- Ian Duncan, FSA, FIA, FCIA, MAAA
- Mary Ann Hodorowicz, RD, MBA, CDE
- Peggy Honoré, DHA
- Monica McVicker, RD
- Christine Memering, RN, BSN, CDE
- April Reese, MPH
- Marti Wolf, RN, MPH

Stakeholder Input

- Tested toolkit with stakeholders and adapted based on feedback of:
  - Six state health departments
  - Local health department
  - Federally Qualified Health Center
  - Pharmacy
- CDC: Pharmacist-CDE, Diabetes Educator, Project Officer, Endocrinologist

Note: Tested with a combination of ADA-recognized/AADE-accredited DSMES services
Background, Terminology, and Benefits

- Burden of diabetes
- Benefits of DSMES
- Terms and acronyms used
- How DSMES supports behavior change and outcomes

National Standards for DSMES

- Overview of the 10 National Standards
- Interpretation of the Standards
Accreditation and Recognition Process

- AADE-accreditation and AADE-recognition processes
- Requirements for each standard
- Accreditation/Recognition information

Increasing Referrals and Overcoming Barriers to Participation

- Referral Process
- Educating Providers
- Establishing a Referral Network
- Empowering Persons with Diabetes to Participate in DSMES
- Overcoming Barriers to Referral & Participation
- Follow-up

Service Staffing and Delivery Models

- DSMES Settings
- Multidisciplinary DSMES Team
Reimbursement and Sustainability
- Benefit Policies and Coverage Guidelines
- Medicare Reimbursement Guidelines for DSMT
- DSMES delivery in Federally Qualified Health Centers
- Relationship to Medical Nutrition Therapy
- Sustainability of DSMES Services

Marketing and Promotion
- Resources on Marketing DSMES

Building the Business Case for DSMES
- Overview of the Business Case
- Making the Case for DSMES to Employers and Insurers
- Overall Value of DSMES
- Value of Diabetes Educators
- Return on Investment
- Linking to Quality Measures
- Creating a Business Plan
Rollout of the DSMES Toolkit

Steps in Progress

• Marketing
  – Ads, social media, and conference presentations
• Technical Assistance
  – Onsite technical assistance for state health departments
  – Webinars
• Evaluation

Marketing the Toolkit
Take Away Messages

• Make the DSMES Toolkit your first stop to find DSMES resources.
• Tell other diabetes educators about the toolkit.
• Refer to the toolkit for tips on tackling barriers to DSMES delivery.
• Seek out the toolkit for guidance on improving reimbursement for DSMES services.

Contact Information

Jacquelyn Houston – jhouston1@cdc.gov
Laura Edwards – laura.edwards@collaborativehealthsolutions.org