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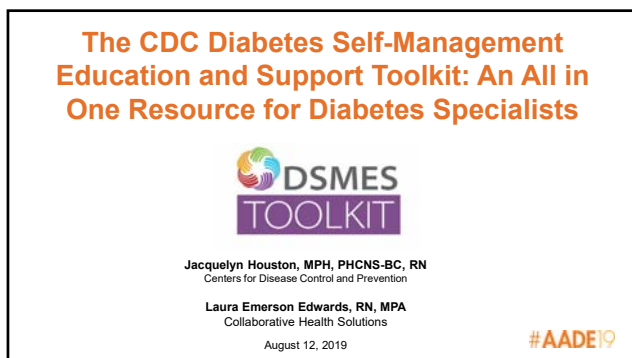
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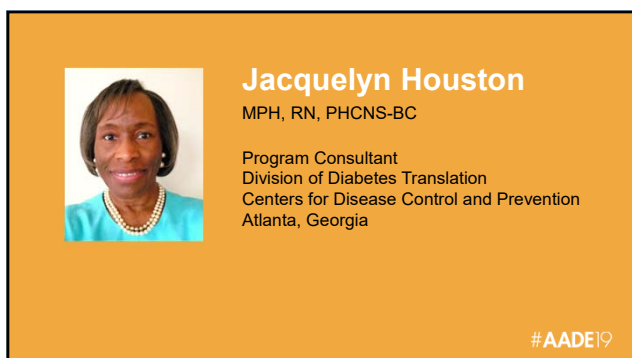
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**Laura Emerson Edwards**  
RN, MPA

President and CEO  
Collaborative Health Solutions  
Raleigh, North Carolina

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**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.*

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**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:
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### 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.

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### Current Reality of Diabetes and DSMES



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### 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

Centers for Disease Control and Prevention. National Diabetes Statistics Report, 2017. Atlanta, GA: Centers for Disease Control and Prevention, U.S. Dept of Health and Human Services; 2017. <https://www.cdc.gov/diabetes/basics/diabetes.html>.

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### 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



Haas L, Maryniuk M, Beck J, et al. 2012 Standards Revision Task Force. National Standards for diabetes self-management education and support. Diabetes Care. 2012;35:2393-2401.

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### Benefits of DSMES

- Multiple studies have demonstrated benefits and cost savings
- Reduction in:
  - A1c
  - Hospital and E.R. visits
  - Health care costs



Powers MA et al. Diabetes Self-Management Education and Support in Type 2 Diabetes: A Joint Position Statement of the American Diabetes Association, the American Association of Diabetes Educators, and the Academy of Nutrition and Dietetics. Diabetes Care 2015 Jul; 38(7): 1372-1382.

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### DSMES Utilization

- 6.8% of persons with newly diagnosed type 2 diabetes with private health insurance received DSMES within 12 months.<sup>1</sup>
- Less than 5% of Medicare participants with newly diagnosed type 2 diabetes received DSMES.<sup>2</sup>

1. Strawbridge LM, Lloyd JT, Meadow A, et al. Use of Medicare's Diabetes Self-Management Training Benefit. Health Educ Behav. 2015;42(4):530-538.  
 2. Li R, et al. Diabetes Self-Management Education and Training Among Privately Insured Persons with Newly Diagnosed Diabetes — United States, 2011–2012. MMWR. 2014;63(46):1045-1049.

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### 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

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[www.dsmes.org](http://www.dsmes.org)

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### Goal of the DSMES Toolkit

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



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### 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.

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### 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.

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### 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

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### 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

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### 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

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### Stakeholders



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<https://www.cdc.gov/diabetes/dsmes-toolkit/index.html>

A Comprehensive Resource for Achieving Success in Diabetes Self-Management Education and Support

<b>Background, Terminology and Benefits</b> Learn about the need for, terms used and benefits of diabetes self-management education and support.	<b>Service Staffing and Delivery Models</b> Learn about traditional and non-traditional ways to implement DSMES services.
<b>The National Standards for DSMES</b> Find out how the standards define quality, evidence-based DSMES services that meet or exceed the Medicare diabetes self-management training regulations.	<b>Reimbursement and Sustainability</b> Find resources on billing, coding and reimbursement for DSMES services.
<b>Accreditation and Recognition Process</b> Learn about the processes necessary to gain accreditation or recognition for DSMES services.	<b>Marketing and Promotion</b> Learn how to develop marketing and promotion plans for DSMES services.
<b>Increasing Referrals and Overcoming Barriers</b> Find tools and resources to address common issues for DSMES services.	<b>Building the Business Case for DSMES</b> Find resources to create a business plan for sustainable DSMES services.

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### Background, Terminology, and Benefits

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



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### National Standards for DSMES

- Overview of the 10 National Standards
- Interpretation of the Standards

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### Accreditation and Recognition Process

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



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### 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



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### Service Staffing and Delivery Models

- DSMES Settings
- Multidisciplinary DSMES Team



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### 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



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### Marketing and Promotion

- Resources on Marketing DSMES



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### 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



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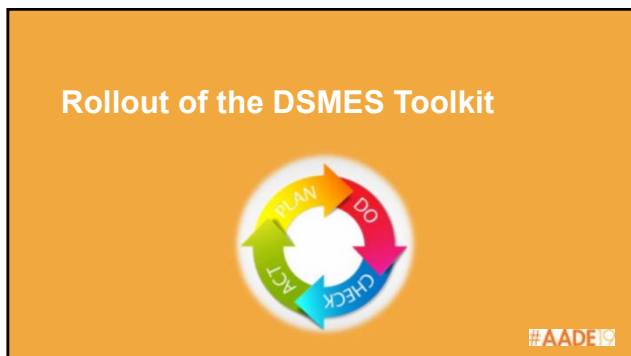
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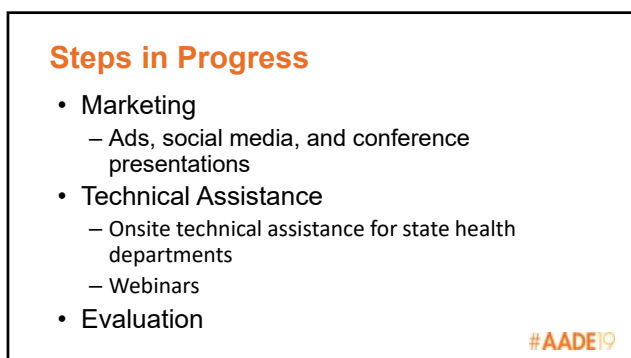
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### Take Away Messages

- 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.

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### Time for Questions



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### Contact Information

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Laura Edwards – [laura.edwards@collobarativehealthsolutions.org](mailto:laura.edwards@collobarativehealthsolutions.org)

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