

The Art and Science of Diabetes Self-Management Education Desk Reference: Fourth Edition

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I reviewed the third edition of this book early last year, but the fourth edition has recently been published by the American Association of Diabetes Educators (AADE), with a number of revisions and additions to the previous version.

Like its predecessor, *The Art and Science of Diabetes Self-Management Education Desk Reference: Fourth Edition* isn't light bedtime reading but instead is a comprehensive resource covering the core knowledge and skills a diabetes educator needs to provide individualised education and support to people with diabetes.

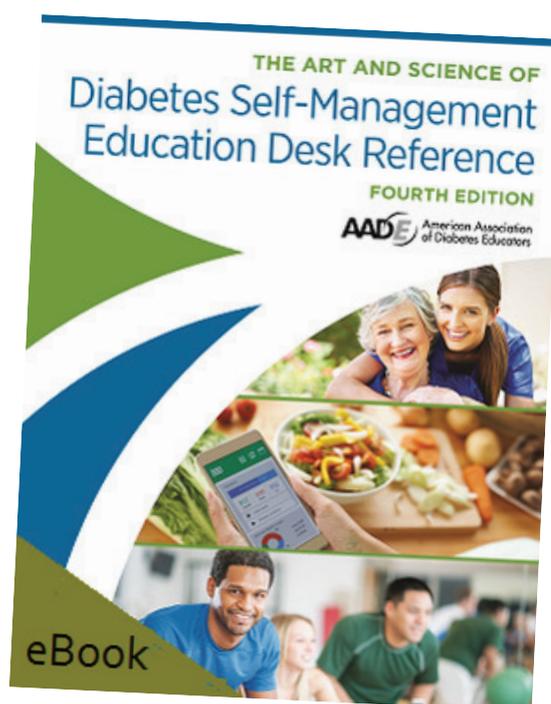
The book is divided into two main sections: *The Art of Diabetes Self-Management Education* and *The Science of Diabetes Self-Management Education*.

Section 1, *The Art of Diabetes Self-Management Education*, starts with a brief introduction highlighting the important role that diabetes self-management education (DSME) plays in ensuring optimal care and outcomes for people with diabetes and emphasising the importance of a person-centred, team-based approach to diabetes care. This section of the current edition has been updated to better equip the diabetes educator with the tools needed to provide relevant and individualised education and care in the continually changing world of diabetes.

There are 12 chapters within this first section. Chapter 1 focuses on the challenges and opportunities for diabetes education, particularly as it relates the evolving healthcare systems in the US, but there are still some useful takeaways for Australian diabetes educators. Chapter 2 outlines the diabetes self-management education process, from assessment through to goal setting, planning, implementation and evaluation/monitoring. Chapter 3 discusses the theoretical and behavioural approaches to self-management of health and helps educators to choose the best approach to use with the clients they work with. Chapters 4 to 10 cover the key components of the AADE7 Self-Care Behaviours™ including healthy

eating, being active, taking medications, monitoring, problem solving, healthy coping and reducing risks. The final two chapters cover diabetes education program management and transitional care.

Section 2, *The Science of Diabetes Self-Management Education*, addresses the science behind the practice of diabetes education, from diabetes pathophysiology to treatment and diabetes-related complications. The first three chapters cover pathophysiology, and the management of both type 1 and type 2 diabetes throughout the lifespan. Chapters 16 to 21 cover key elements of diabetes management including nutrition, exercise and pharmacotherapy, along with dietary



supplements and complementary health approaches. The remaining seven chapters cover the acute and chronic complications of diabetes and pregnancy.

Despite its size, the book is easy and enjoyable to read. Each chapter begins with a summary of key concepts and ends with take home tips under the headings 'Focus on Education' (with subheadings Teaching Strategies, Messages for Patients and Health Literacy) and 'Focus on Practice'. These help to take the information presented in the chapter and put it into practice. There are also plenty of tables, figures and boxes to break up the main text and numerous case studies throughout the book, showing exactly how the information can be used in practice. Each chapter is well referenced and there is a comprehensive index at the back.

For those who want easy access without carrying around the telephone book-sized publication (it's 845 pages in total) the new edition is available in electronic format, providing both an e-book version (for PC, Mac, Android, Kindle Fire or Chromebook) and an online password protected web portal version. The electronic copy is the same price as the print version but would save postage costs for Australian diabetes educators and gives you easy access whenever you have an internet connection.

If you are looking for an all-in-one reference guide to the art and science of diabetes self-management education, I would highly recommend this book.

The key details:

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