### Diabetes Self-Management Education and Support for Adults with Type 2 Diabetes: Algorithm Action Steps

**Four critical times to assess, provide, and adjust diabetes self-management education and support**

#### At Diagnosis
- Answer questions and provide emotional support regarding diagnosis
- Provide overview of treatment and treatment goals
- Teach survival skills to address immediate requirements (safe use of medication, hypoglycemia treatment if needed, introduction of eating guidelines)
- Identify and discuss resources for education and ongoing support
- Make referral for DSME/S and medical nutrition therapy (MNT)

#### Annual Assessment of Education, Nutrition, and Emotional Needs
- Assess all areas of self-management
- Review problem-solving skills
- Identify strengths and challenges of living with diabetes

#### When New Complicating Factors Influence Self-Management
- Identify presence of factors that affect diabetes self-management and attain treatment and behavioral goals
- Discuss impact of complications and successes with treatment and self-management

#### When Transitions in Care Occur
- Develop diabetes transition plan
- Communicate transition plan to new health care team members
- Establish DSME/S regular follow-up care

#### Diabetes Education: Areas of Focus and Action Steps

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<th>Areas of Focus</th>
<th>Action Steps</th>
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| Assess cultural influences, health beliefs, current knowledge, physical limitations, family support, financial status, medical history, literacy, numeracy to determine which content to provide and how: | - Medication – choices, action, titration, side effects  
- Monitoring blood glucose – when to test, interpreting and using glucose pattern management for feedback  
- Physical activity – safety, short-term vs. long-term goals/recommendations  
- Preventing, detecting, and treating acute and chronic complications  
- Nutrition – food plan, planning meals, purchasing food, preparing meals, portioning food  
- Risk reduction – smoking cessation, foot care  
- Developing personal strategies to address psychosocial issues and concerns  
- Developing personal strategies to promote health and behavior change |
| Review and reinforce treatment goals and self-management needs | - Provide support for the provision of self-care skills in an effort to delay progression of the disease and prevent new complications  
- Provide/refer for emotional support for diabetes-related distress and depression  
- Develop and support personal strategies for behavior change and healthy coping  
- Develop personal strategies to accommodate sensory or physical limitation(s), adapting to new self-management demands, and promote health and behavior change |
| Emphasize preventing complications and promoting quality of life | - Identify needed adaptations in diabetes self-management  
- Provide support for independent self-management skills and self-efficacy  
- Identify level of significant other involvement and facilitate education and support  
- Assist with facing challenges affecting usual level of activity, ability to function, health benefits and feelings of well-being  
- Maximize quality of life and emotional support for the patient (and family members)  
- Provide education for others now involved in care  
- Establish communication and follow-up plans with the provider, family, and others |
| Discuss how to adapt diabetes treatment and self-management to new life situations and competing demands | - Answer questions and provide emotional support regarding diagnosis  
- Provide overview of treatment and treatment goals  
- Teach survival skills to address immediate requirements (safe use of medication, hypoglycemia treatment if needed, introduction of eating guidelines)  
- Identify and discuss resources for education and ongoing support  
- Make referral for DSME/S and medical nutrition therapy (MNT) |
| Support efforts to sustain initial behavior changes and cope with the ongoing burden of diabetes | - Review problem-solving skills  
- Identify strengths and challenges of living with diabetes |
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