

Tips for Engaging DSMES

Focus on Interaction and Engagement



About Our Program

Our program services family medicine practices and local endocrinologist offices through in-person and online group sessions.

Facilitate Discussion in Group Settings

It's important to encourage discussion of all group members through positive reinforcement, questions and examples that appeal to various learning styles. Ask open-ended questions like:

- Does anyone have an experience this week to share that may be helpful for the group?
- What is your typical breakfast or favorite meal?

Allow for some quiet time to encourage another group participant to share. If offering online, give the participants time to turn on their microphone. Watch for non-verbal cues that another participant might share but is resistant and ask them., eg "Abe, it looks like you might be able to help...would you like to turn on your microphone?" If hand raising is an option, make sure participants know how to use that feature.

When leading a session, focus on listening/watching over talking. We encourage group members to support each other through interaction after we "hand-off" giving a response to the group. Be sure to reinforce what group members have shared previously during the meeting.

Remember to be approachable with lots of smiling. Try to find humor when reviewing/reinforcing changes that a client might want to consider.

For additional tips, visit
DiabetesEducator.org/EngagingDSMES.

