

# Tips for Engaging DSMES

Keep your Group Sessions Moving and Interactive



## About Our Program

We offer diabetes classes, one-on-one diabetes education, MNT, DPP, pump start and CGM services. We provide in person and, during COVID-19, we offer telehealth. We have a higher population of seniors and we have un-insured participants.

## Focus on Each Participant

Before we even start a group session, we spend time with each participant going over their assessment. We explain their suggested meal plan and show them how to use their prescribed devices. We **find out what their interests are and what they want to learn during diabetes self-management education and support sessions.**

During the group session, we **do activities that get each person moving and involved**, such as marching in place for 2 minutes or leg raises on our chair for 8 reps. Teach-back is another way we keep sessions engaging and moving forward. When we're done, we give ourselves a pat on the back.

Focusing on each person means you have to get their perspective. We ask participants to share their favorite health-focused apps, websites and games.



For additional tips, visit  
**[DiabetesEducator.org/EngagingDSMES](https://DiabetesEducator.org/EngagingDSMES)**.