

DIABETES EDUCATION AND DIABETES EDUCATORS



SUPPORTING YOU AS THE PROVIDER AND EMPOWERING YOUR PATIENTS

Do you find it more and more difficult to spend additional time educating patients during their visits with you? As the number of people with diabetes increases, the demands on your time and practice will continue to escalate. Improve the quality of your care and help your patients achieve better metabolic control, improve lipid levels, reduce blood pressure, develop self-management skills, and meet follow-up care guidelines by referring them to a Diabetes Self-Management Education (DSME) program and a diabetes educator.

Diabetes Self-Management Education is an evidence-based program that facilitates the knowledge, skills, and abilities necessary for diabetes self-care, and is a reimbursable service that is covered by most insurances. DSME incorporates the needs, goals, and life experiences of the person with diabetes into a collaborative and personalized plan for managing diabetes and preventing complications by focusing on seven self-care behaviors:

- » **Healthy eating**
- » **Being active**
- » **Monitoring**
- » **Problem solving**
- » **Healthy coping**
- » **Reducing risks**
- » **Medication management**

THE BENEFITS OF DIABETES EDUCATION

Fewer than 60 percent of people with diabetes have had formal diabetes education. Research shows that people who receive diabetes education are more likely to:

- » Use primary care and preventative services
- » Take medications as prescribed
- » Control their glucose, blood pressure, and LDL cholesterol
- » Have lower health costs

Diabetes education offers your patient:

- » One on one education and management guidance with a diabetes educator
- » Group support from other individuals living with diabetes
- » Personalized care plans to help them be successful in managing their diabetes
- » Flexible appointment times that are most convenient for your patients and their families

WHAT IS A DIABETES EDUCATOR?

Diabetes educators are licensed healthcare professionals – registered nurses, registered dietitians, and pharmacists, among others – who have specialized training in helping people with diabetes learn how to manage their condition. Many diabetes educators hold the designation Certified Diabetes Educators (CDE), which signifies additional training and skills in diabetes and diabetes education.

Educators can help people with diabetes:

- » **Learn** about diabetes, diabetes management, and reducing risk for complications.
- » **Understand** how to use diabetes devices.
- » **Adopt** healthy eating habits through disease specific nutrition counseling.
- » **Monitor** blood glucose and understand how to appropriately interpret and respond to results.
- » **Develop** problem solving skills and strategies to self-manage diabetes.

What Diabetes Educators Will NOT do:

- » Remove your patients from your care. Diabetes educators are NOT a replacement for you as the patient's provider. Diabetes Educators will support your care and help empower your patients to put what they learn into practice to better manage their condition.



Interested in Offering Diabetes Self-Management Education?

The Utah Department of Health offers scholarships, technical assistance, and free continuing education credits to support the development, implementation, and maintenance of DSME programs and better serve patients with diabetes in the state of Utah. If you are interested in more information on becoming an accredited DSME program, please email diabeteseducation@utah.gov.



WHERE CAN YOU FIND A DIABETES EDUCATOR?

Diabetes educators and diabetes education programs can be found in a variety of settings and locations across the state of Utah. Visit LivingWell.Utah.gov to find a DSME program to refer your patients with diabetes to. A physician referral to DSME is required so your patients can receive health plan coverage for the class.

