

# Healthcentric Advisors



## *Diabetes Self-Management Program (DSMP)*

Amy Bennett, Program Coordinator

# Plan for today....

- Introduction
- Diabetes Self-Management Programming
- ACES and Patient Activation
- What Data Reveals: DSMP
- Self-Management Activities: Your Turn!
- Questions



# Healthcentric Advisors

- A nationally recognized non-profit consultancy providing healthcare quality improvement and patient safety education, advisory, technical assistance, research, project management and analytical services.
- We work with and for federal and state government agencies, healthcare providers, foundations, educational and research and policy organizations, and other private and community entities.
- Serving as a Medicare Quality Improvement Organization (QIO) contractor since 1995
- Administers special contracts, innovation projects and pilot programs for the Federal Medicare program.





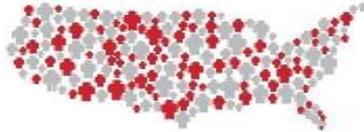
Everyone with Diabetes Counts



# Diabetes is a National Health Priority



# THE STAGGERING COSTS OF DIABETES



More than  
**30 MILLION**  
Americans  
have diabetes



Health care costs for  
Americans with  
diabetes are  
**2.3X** greater  
than those without  
diabetes



Diagnosed  
diabetes  
costs  
America

**\$327**  
**BILLION**  
per year



**84 MILLION**  
Americans have prediabetes



**\$1 IN \$7**

Health care dollars is spent treating  
diabetes and its complications



Today, **4,110** Americans will  
be diagnosed with diabetes.  
Additionally, diabetes will  
cause **295** Americans to  
undergo an amputation and  
**137** will enter end-stage  
kidney disease treatment.

Learn how to fight this costly disease  
at [diabetes.org/congress](http://diabetes.org/congress)



# Diabetes Education Menu



## DSMP

- **Diabetes Self-Management Program**
  - includes diabetes, pre-diabetes or prevention
  - free program taught by community trainers
  - 2 ½ hours a week for 6 weeks

## DSME/T

- **Diabetes Self-Management Education Training**
  - Patients with diabetes, at risk for complications
  - Medicare covered services with physician order
  - 10 hours initially; 2 hours per year follow-up

## N/MDPP

- **National/Medicare Diabetes Prevention Program – April 1<sup>st</sup>, 2018**
  - Coaches enroll in PECOS to be billable providers
  - Once a week for 16 weeks to start; ongoing monthly
  - Use CDC approved curriculum



## MNT

- **Medical Nutrition Therapy**
  - Covered by all payors for certain diagnoses
  - Medicare covers for Renal Disease and Diabetes
  - 3 hours first year, 2 hours follow-up years



# American Association of Diabetes Educators



contribute to the DSME team.

Paraprofessional team members need continuing education specific to the role they serve within the team and clear documentation of that training. Examples of this training can include structured training such as the AADE Career Paths, Stanford, or DEEP, other state-specific certification training programs in diabetes. Another example can be training designed by an organization and should include competencies

Diabetes paraprofessionals, e.g. medical assistants, community health workers, peer educators, etc. can instruct, reinforce self-management skills, support behavior change, facilitate group discussion, and provide psychosocial support and ongoing self-management support.

Standard 5: DSME Teams





Everyone with Diabetes Counts

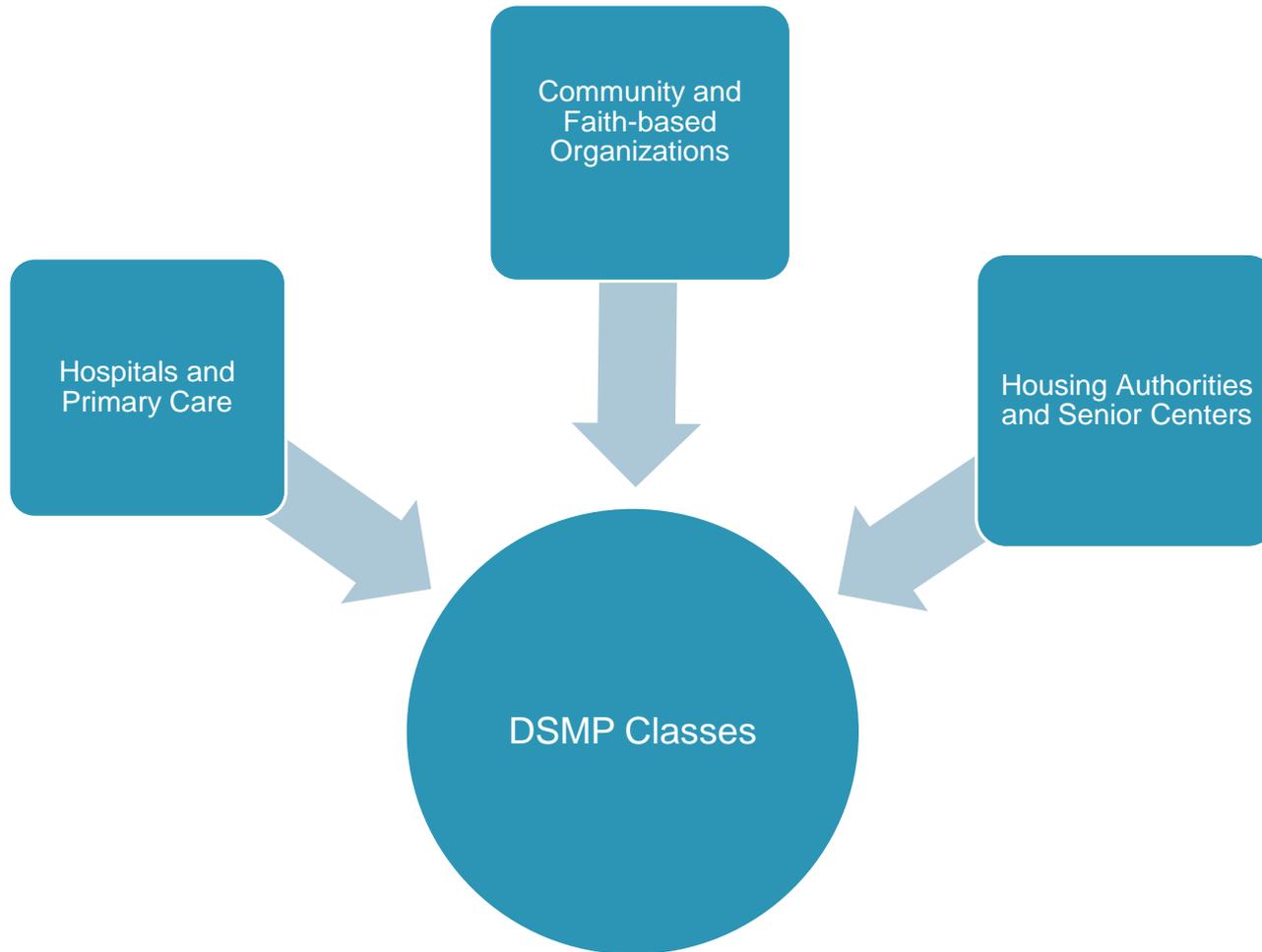


<b>Improve Clinical outcomes for Medicare Beneficiaries</b>	<b>Decrease lower extremity amputations</b>
HbA1C	
Eye Exams	<b>Diabetes Clinical Guidelines understanding and adherence</b>
Lipids	
Foot Exams	<b>Decrease admissions/readmissions</b>
Blood Pressure	
Weight Control	<b>Reduce costs for all</b>



# Who Are Our Partners?

ANYONE who is interested!



# *Everyone with Diabetes Counts and Living Well with Diabetes Collaborative*

- Engage beneficiaries and families in their healthcare
- Increase Medicare recipients receiving Diabetes Self-Management training
- Improve clinical outcomes for patients with Pre-Diabetes or Diabetes
- Increase the number of trained DSMP teachers across New England





- *Healthy Living for ME* is the Maine core of evidence-based health management programs. We are a network of local providers and partnerships committed to the health and quality of life of all Mainers.
- **Living Well for Better Health (also known as Chronic Disease Self-Management Program)**  
This program is designed to help participants deal with chronic conditions.
- **Living Well with Chronic Pain (also known as Chronic Pain Self-Management Program)**  
This class is designed for people who have a diagnosis of chronic pain, offering strategies for dealing with their symptoms.
- **National Diabetes Prevention Program (NDPP)** The National Diabetes Prevention Program is for adults who are at risk for developing type 2 diabetes or who have pre-diabetes
- **Living Well with Diabetes (also known as Diabetes Self-Management Program)** Living Well with Diabetes is designed to help people with pre-diabetes, type 2 diabetes, family members and caregivers learn how to live well with diabetes.
- **Other Evidence-Based Programs** include: Falls Prevention and Caregiver Support



# Diabetes Self-Management

- **Self-Management Resource Center Model (SMRC)**
  - Evidence-based scripted materials
  - 2 ½ hours/week for 6 weeks
  - Facilitated by 2 trained leaders
  - Diabetes, pre-diabetes, family members
  - Community or physician office setting
  - Self referred-no formal referral required BUT encouraged!



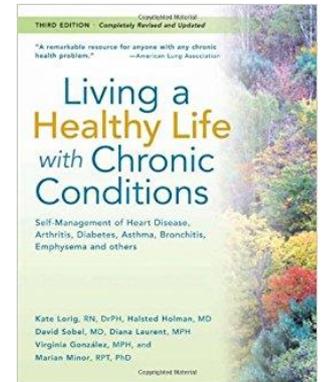
# DSMP Curriculum

- Overview of Diabetes
  - Importance of blood sugar testing
  - Medication self-management
- Meal planning
- Weekly goal setting (Action Plan)
- Exercise
- Stress Management/Decision Making
- Working with your healthcare team



# DSMP Workshop

- Evidence-based curriculum vetted by the Self-Management Resource Center and American Diabetes Association offered at no cost.
- Peer to peer problem solving
- Group process
- Increased self-management skills
- Encourage participants to work with their he
- Each participant receives a copy of *Living a Healthy Life with Chronic Conditions*



# Adverse Childhood Experiences (ACES), Trauma and Chronic Conditions



# THE TRUTH ABOUT ACEs

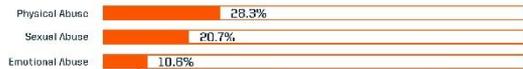
## WHAT ARE THEY?

ACEs *are*  
ADVERSE  
CHILDHOOD  
EXPERIENCES

## HOW PREVALENT ARE ACEs?

The ACE study\* revealed the following estimates:

### ABUSE



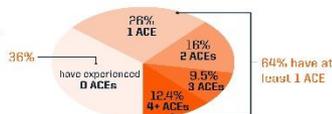
### NEGLECT



### HOUSEHOLD DYSFUNCTION



Of 17,000 ACE study participants:



The three types of ACEs include

### ABUSE



Physical



Emotional



Sexual

### NEGLECT



Physical



Emotional

### HOUSEHOLD DYSFUNCTION



Mental Illness



Mother Treated Violently



Divorce



Incarcerated Relative



Substance Abuse

## WHAT IMPACT DO ACEs HAVE?

As the number of ACEs increases, so does the risk for negative health outcomes

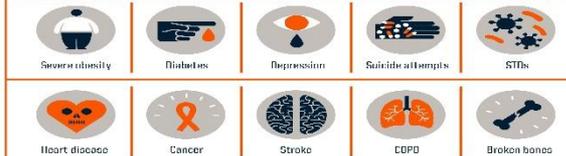


Possible Risk Outcomes:

### BEHAVIOR



### PHYSICAL & MENTAL HEALTH



# Adverse Childhood Experiences (ACEs)

**“Unless you fix the trauma, the hole in the soul where the wound started, you’re working at the wrong thing. The ACE story is huge.”-Oprah Winfrey**

- According to **Child Trends.org** 2018:

\***45%** of children in the nation have experienced at least **1 ACE**.

\***One in ten children** nationally has experienced **three or more ACEs**, placing them in a category of especially high risk.

\***Centers for Disease Control and Prevention’s (CDC)** Behavioral Risk Factor Surveillance System (BRFSS) survey: A 2018 study published in the *Journal of Environmental and Public Health* revealed that **55.4%** of rural adult respondents reported exposure to **at least one ACE** and **14.7%** experienced **four or more**.



# Empowering Patients and Self- Management: Patient Activation



# Empowering the Patient

Figure 2: Increasing Levels of Activation



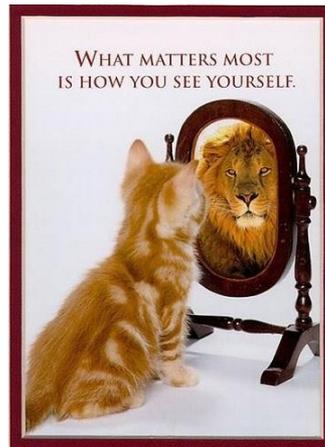
Source: Insignia Health



# Activation Level is Predictive of Behaviors

Research consistently finds that those who are more activated are:

- Engaged in more preventive behaviors
- Engaged in more healthy behaviors
- Engaged in more disease specific self-management behaviors
- Engaged in more health information seeking behaviors



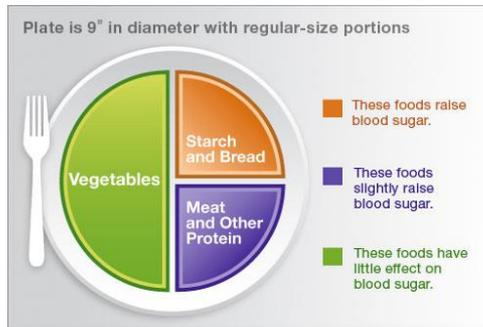
# Participant Feedback

“We all identified ourselves as people living with diabetes which made it easier to make changes. The group process was very important to me”



“I was in a group of people so I learned certain things I didn't know before. I feel more strongly about actually managing my diabetes”

# Participant Feedback



“I am still using the action plan and meal planning. I developed a meal planning chart as an action plan and am still using it. I continue to lose weight”

“I most definitely have changed. My eating habits have changed. My husband and I plan our meals together and he reads labels too”

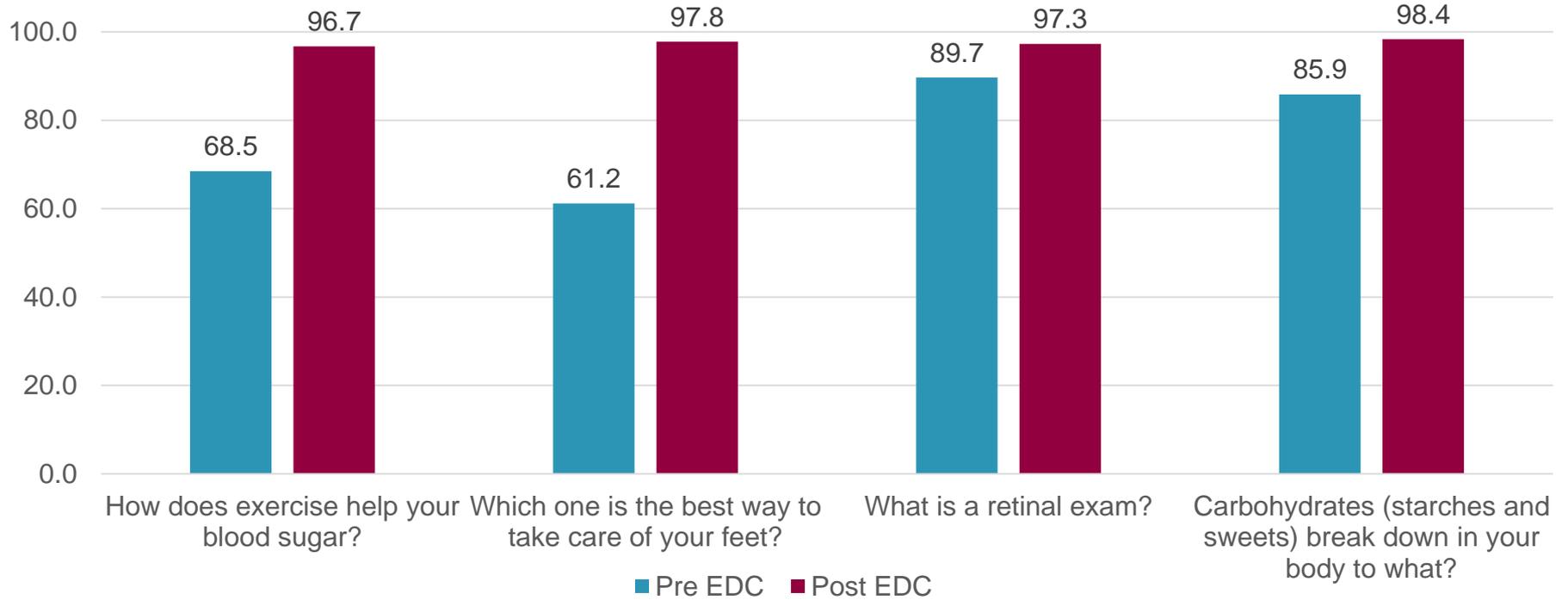


# Pre/Post Class Data: Diabetes Self-Management



# Knowledge Questions

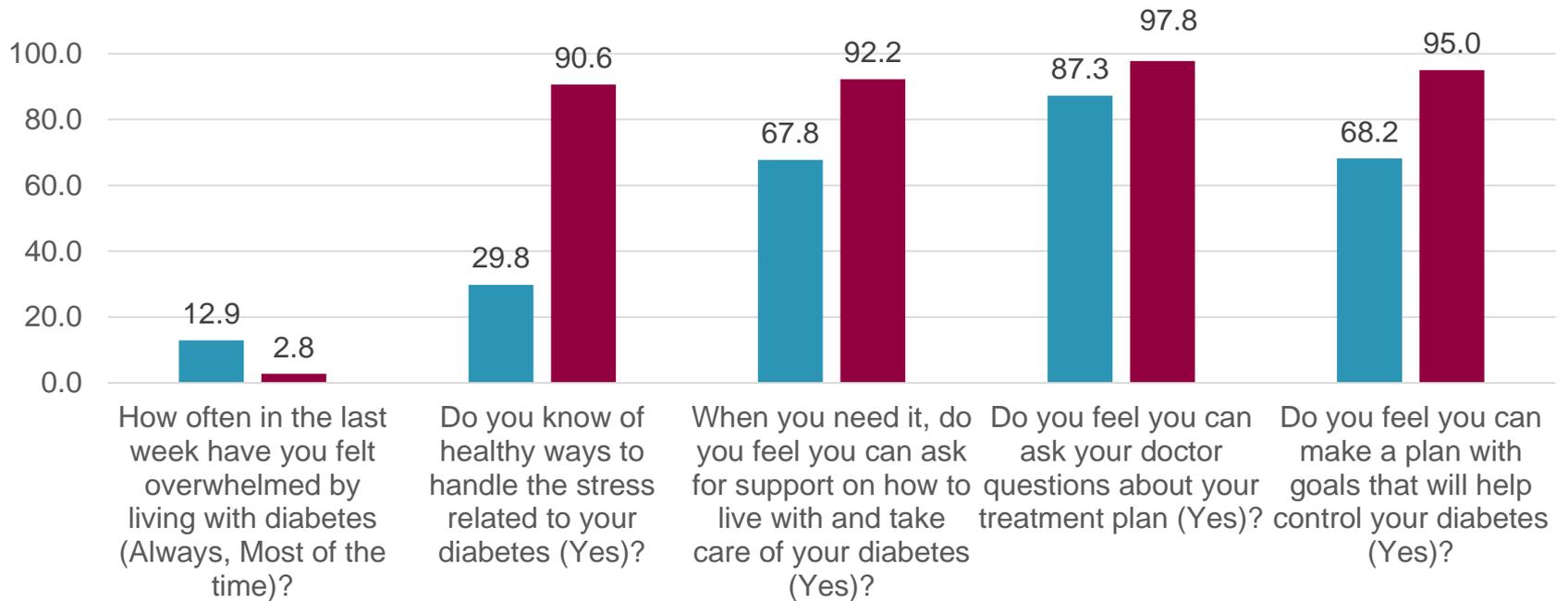
## Knowledge Questions - % Correct Answers : ME



# Coping Questions

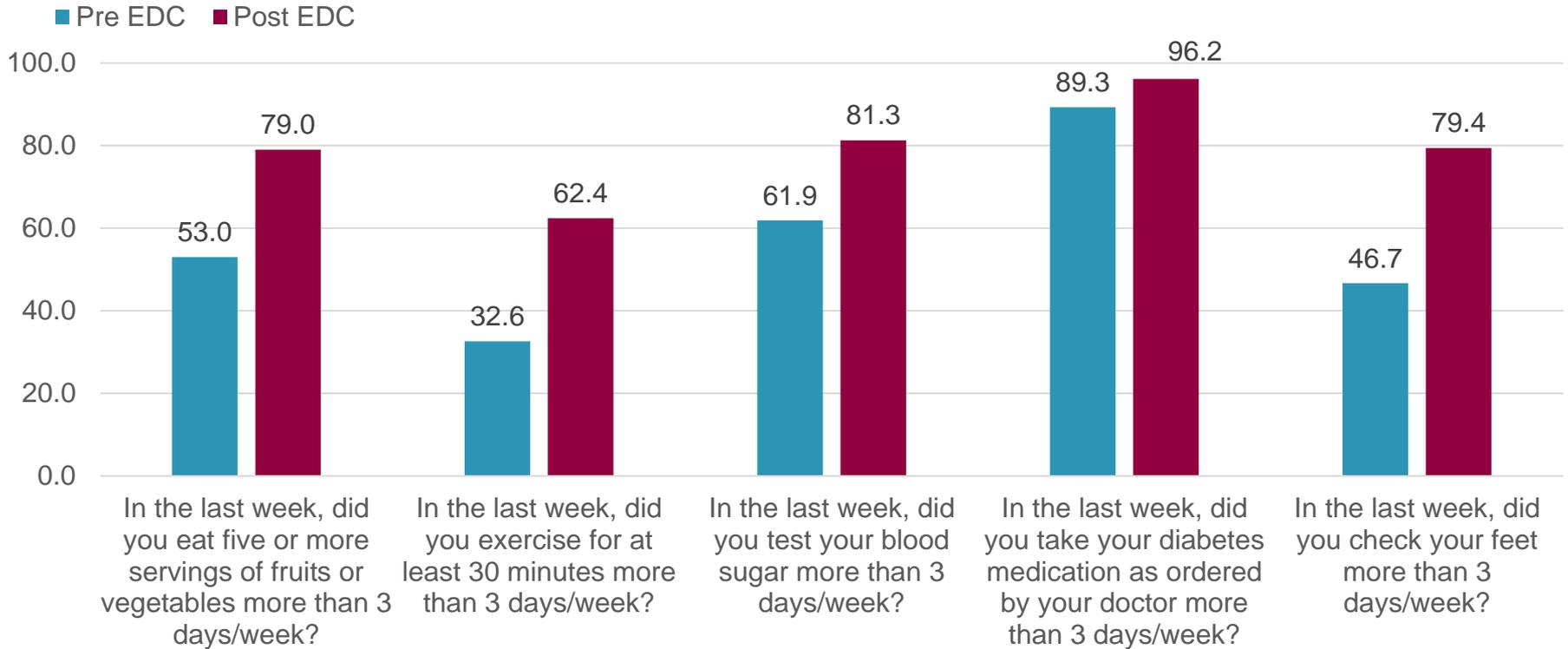
Coping Questions - % of Positive Responses: ME

■ Pre EDC ■ Post EDC



# Behavior Questions

Behavior Questions - % of healthy behaviors: ME



# Clinical Data

New England QIN-QIO Everyone with Diabetes Counts (EDC) Project  
 Clinical Data Outcomes  
 04/01/2015 - 04/30/2019

Outcome Measures	ME			
	Pre EDC		Post EDC	
	N	Average Value	N	Average Value
HbA1C Value (%)	44	8.0%	44	7.3%
LDL Value (mg/dL)	25	95.1	25	90.2
HDL Value (mg/dL)	26	46.8	26	48.5
Triglycerides Value (mg/dL)	26	227.4	26	234.9
Cholesterol Value (mg/dL)	26	176.3	26	169.6
Weight (lbs)	39	218.7	39	210.3



# Your Turn: Self-Management Class Activities!



# Diabetes Self-Management Tool Box



# Brainstorm!



- Anyone can share
  - No commenting during brainstorm
  - No questions until after
  - Clarification waits until after brainstorm is over
- 
- Question: How do you know when you are feeling stressed?



# ACTION PLAN



1. What you are going to do (a specific action)
2. How much you are going to do (time, distance, portions, repetitions, etc.)
3. When you are going to do it (time of the day, day of the week)
4. How often or how many days a week you are going to do it

Example: This week, I will walk (what) around the block (how much) before lunch (when) three times (how many).

This week I will \_\_\_\_\_ (what)  
\_\_\_\_\_ (how much)  
\_\_\_\_\_ (when)  
\_\_\_\_\_ (how often)

How sure are you? (0 = not at all sure; 10 = absolutely sure) \_\_\_\_\_



# Body Scan Meditation

- 1 Set aside a time and place in your day where you can sit comfortably and you won't be distracted or disturbed.
- 2 Find a comfortable but attentive seated position, close your eyes, and bring your attention to your toes.
- 3 Working up from your toes, bring awareness to each body part in turn: your feet, ankles, calves, knees, etc. up to your head.



## Health Benefits:

- Reduced stress
- Decreased muscle tension
- Increased pain tolerance

## Why it works to reduce stress:

Body scan meditations encourage self-awareness of sensations we might otherwise be ignoring.

# Contact Information

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