

DIABETES SELF-MANAGEMENT EDUCATION AND SUPPORT (DSMES)

Diabetes Self-Management Education and Support (DSMES) is an evidence-based intervention that strengthens the knowledge and skills of people with diabetes to optimize their ability to self-manage the disease.

There are two accrediting organizations the American Diabetes Association's Education Recognition Program (ERP) and the American Association of Diabetes Educators' Diabetes Education Accreditation Program (DEAP). Accredited DSMES organizations utilize an evidence-based education program that engages participants in informed decision-making, and reinforces self-care, problem-solving behaviors and a collaborative approach with their healthcare providers to improve clinical outcomes.

**PATIENTS CAN
ACHIEVE AN
IMPROVED
A1C OF UP TO
-1.7% CHANGE.**

WHEN TO REFER PATIENTS TO DSMES:

There are four critical times to assess, provide and adjust Diabetes Self-Management Education and Support, i.e. the algorithm of care.

1. With a new diagnosis of Type 2 Diabetes.
2. Annually for health maintenance and prevention of complications.
3. When new complicating factors influence self-management.
4. When transitions in care occur.

ABOUT THE CLASSES:

Accredited DSMES classes are educational programs, taught by skilled health professionals, in group settings or one-on-one. DSMES classes are most often held at a hospital, clinic, pharmacy or community setting.

Certified diabetes educators utilize DSMES curricula to educate and engage participants in informed decision-making, reinforce self-care, and teach problem-solving and collaborative behaviors with their healthcare providers to improve clinical outcomes.

REIMBURSEMENT:

DSMES is covered by Medicaid, Medicare and private healthcare plans.

PATIENT BENEFITS INCLUDE:

- **Improved** hemoglobin A1C levels.
- **Better control** of blood glucose and are more likely to self-monitor as prescribed.
- **More likely** to use primary care and prevention service.
- **Higher rates** of medication adherence.
- **Better control** of cholesterol and blood pressure levels.
- **Lower** overall health costs.
- **Fewer** complications related to their diabetes.
- **More likely** to adopt healthy lifestyle behaviors, such as good nutrition and physical activity.
- **Decrease** in hospitalizations.

**DSMES IMPROVES
CLINICAL OUTCOMES,
HEALTH STATUS AND
QUALITY OF LIFE.**

WHICH PATIENTS TO REFER:

In order for a patient to qualify for DSMES coverage, he or she must have a diagnosis of type 1, type 2 or gestational diabetes **and** a written referral from a physician or other qualified medical provider.