

# Diabetes Self-Management Education and Support for Adults with Type 2 Diabetes: ALGORITHM ACTION STEPS

Four critical times to assess, provide, and adjust diabetes self-management education and support

AT DIAGNOSIS	ANNUAL ASSESSMENT OF EDUCATION, NUTRITION, AND EMOTIONAL NEEDS	WHEN NEW <b>COMPLICATING FACTORS</b> INFLUENCE SELF-MANAGEMENT	WHEN <b>TRANSITIONS</b> IN CARE OCCUR
--------------	--	--	---------------------------------------

## PRIMARY CARE PROVIDER/ENDOCRINOLOGIST/CLINICAL CARE TEAM: AREAS OF FOCUS AND ACTION STEPS

<ul style="list-style-type: none"> <li><input type="checkbox"/> Answer questions and provide emotional support regarding diagnosis</li> <li><input type="checkbox"/> Provide overview of treatment and treatment goals</li> <li><input type="checkbox"/> Teach survival skills to address immediate requirements (safe use of medication, hypoglycemia treatment if needed, introduction of eating guidelines)</li> <li><input type="checkbox"/> Identify and discuss resources for education and ongoing support</li> <li><input type="checkbox"/> Make referral for DSME/S and medical nutrition therapy (MNT)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Assess all areas of self-management</li> <li><input type="checkbox"/> Review problem-solving skills</li> <li><input type="checkbox"/> Identify strengths and challenges of living with diabetes</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Identify presence of factors that affect diabetes self-management and attain treatment and behavioral goals</li> <li><input type="checkbox"/> Discuss impact of complications and successes with treatment and self-management</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Develop diabetes transition plan</li> <li><input type="checkbox"/> Communicate transition plan to new health care team members</li> <li><input type="checkbox"/> Establish DSME/S regular follow-up care</li> </ul>
---	--	---	---

## DIABETES EDUCATION: AREAS OF FOCUS AND ACTION STEPS

<p>Assess cultural influences, health beliefs, current knowledge, physical limitations, family support, financial status, medical history, literacy, numeracy to determine which content to provide and how:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Medication – choices, action, titration, side effects</li> <li><input type="checkbox"/> Monitoring blood glucose – when to test, interpreting and using glucose pattern management for feedback</li> <li><input type="checkbox"/> Physical activity – safety, short-term vs. long-term goals/recommendations</li> <li><input type="checkbox"/> Preventing, detecting, and treating acute and chronic complications</li> <li><input type="checkbox"/> Nutrition – food plan, planning meals, purchasing food, preparing meals, portioning food</li> <li><input type="checkbox"/> Risk reduction – smoking cessation, foot care</li> <li><input type="checkbox"/> Developing personal strategies to address psychosocial issues and concerns</li> <li><input type="checkbox"/> Developing personal strategies to promote health and behavior change</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Review and reinforce treatment goals and self-management needs</li> <li><input type="checkbox"/> Emphasize preventing complications and promoting quality of life</li> <li><input type="checkbox"/> Discuss how to adapt diabetes treatment and self-management to new life situations and competing demands</li> <li><input type="checkbox"/> Support efforts to sustain initial behavior changes and cope with the ongoing burden of diabetes</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Provide support for the provision of self-care skills in an effort to delay progression of the disease and prevent new complications</li> <li><input type="checkbox"/> Provide/refer for emotional support for diabetes-related distress and depression</li> <li><input type="checkbox"/> Develop and support personal strategies for behavior change and healthy coping</li> <li><input type="checkbox"/> Develop personal strategies to accommodate sensory or physical limitation(s), adapting to new self-management demands, and promote health and behavior change</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Identify needed adaptations in diabetes self-management</li> <li><input type="checkbox"/> Provide support for independent self-management skills and self-efficacy</li> <li><input type="checkbox"/> Identify level of significant other involvement and facilitate education and support</li> <li><input type="checkbox"/> Assist with facing challenges affecting usual level of activity, ability to function, health benefits and feelings of well-being</li> <li><input type="checkbox"/> Maximize quality of life and emotional support for the patient (and family members)</li> <li><input type="checkbox"/> Provide education for others now involved in care</li> <li><input type="checkbox"/> Establish communication and follow-up plans with the provider, family, and others</li> </ul>
---	--	---	---

American Diabetes Association is an independent company providing providing diabetes management education services on behalf of Anthem Blue Cross and Blue Shield Medicaid. Anthem Blue Cross and Blue Shield Medicaid is the trade name of Anthem Kentucky Managed Care Plan, Inc., independent licensee of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.



Powers MA, Bardsley J, Cypress M, Duker P, Funnell MM, Fischl AH, Maryniuk MD, Siminerio L, Vivian E. Diabetes Self-management Education and Support in Type 2 Diabetes: A Joint Position Statement of the American Diabetes Association, the American Association of Diabetes Educators, and the Academy of Nutrition and Dietetics. Diabetes Care 2015; 38:1372-1382; The Diabetes Educator 2015;41:417-430; Journal of the Academy of Nutrition and Dietetics 2015;115:1323-1334. [Adapted August 2016]

