

Diabetes Self Management and Support

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Conflict of Interest--None

Objectives

1. Who are the 2 accrediting bodies for DSMES
2. Who is qualified to offer comprehensive diabetes education
3. Requirements for most insurances to pay for DSMES.
4. How to find an accredited programs
5. DSMES cycle
6. Resources for clinics

DSMES Accreditation and Recognition

The U.S. Centers for Medicare & Medicaid Services (CMS) has authorized two organizations,

- the Association of Diabetes Care & Education Specialists (ADCES). ADCES uses the term accreditation,
- the American Diabetes Association (ADA), to grant accreditation or recognition. ADA uses the term recognition.
- Both have volunteer auditors who are trained reviewers and conduct random program audits.
- Each program is also uniquely identified by a related acronym—ADCES uses “DEAP” for Diabetes Education Accreditation Program and ADA uses “ERP” for Education Recognition Program.

<https://www.cdc.gov/diabetes/dsmes-toolkit/accreditation-recognition/index.html#:~:text=The%20U.S.%20Centers%20for%20Medicare,ADA%20uses%20the%20term%20recognition.>

DSMES Accreditation and Recognition

Being an accredited or recognized service benefits DSMES providers in many ways, including:

- The ability to bill for DSMES(T) through Medicare, some state Medicaid agencies, and many private insurers.
- Improved care and health status reporting.
- Alignment with quality improvement and population health goals.
- Access to ADCES or ADA resources and support.

<https://www.cdc.gov/diabetes/dsmes-toolkit/accreditation-recognition/index.html#:~:text=The%20U.S.%20Centers%20for%20Medicare,ADA%20uses%20the%20term%20recognition.>

CDCES, formerly CDE

CDCES- Certified Diabetes Care & Education Specialist

CDE—Certified Diabetes Educator

- **The CDCES program is a practice-based certification for experienced health professionals who provide diabetes care and education in the United States or its territories.**
- To apply to take the exam, you must have
 - Earned one of the qualifying professional disciplines
 - Prior professional practice experience providing diabetes care and education
 - Mastered the knowledge and application associated with the specialty

<https://www.cdc.gov/diabetes/dsmes-toolkit/accreditation-recognition/index.html#:~:text=The%20U.S.%20Centers%20for%20Medicare,ADA%20uses%20the%20term%20recognition.>

CDCES, formerly CDE

You will meet the discipline requirement if you have a current, active, unrestricted license from one of the United States or territories in any of these disciplines:

LICENSE:

- Clinical psychologist
- Occupational therapist
- Optometrist
- Pharmacist
- Physical therapist
- Physician (M.D. or D.O.)
- Podiatrist
- Registered nurse (includes nurse practitioners and clinical nurse specialists)

Registrations and Certifications

You will meet the discipline requirement if you have a current registration or certification in the following:

- Dietitian or dietitian nutritionist holding active registration with the Commission on Dietetic Registration
- PA holding active registration with the NCCPA
- Exercise physiologist holding active certification as an American College of Sports Medicine Certified Clinical Exercise Physiologist (ACSM-CEP®)
- Health educator holding active certification as a Master Certified Health Education Specialist from the National Commission for Health Education Credentialing

Master's Degree in Social Work

- You will meet the discipline requirement if you are a health professional with a minimum of a master's degree in social work from a United States college or university accredited by a nationally recognized regional accrediting body.

<https://www.cbdce.org/discipline-requirement>.

Make a Referral

- Studies show diabetes self-management education and support (DSMES) reduces diabetes-related complications and encourages better management of the disease.
- Diabetes care and education specialists work with their clients to create individualized care plans that focus on the whole health of an individual, considering factors like culture, language, lifestyle and socio-economic status.
- But that can only happen if the primary care provider takes the initial step to refer the individual to an accredited DSMES program.

<https://www.diabeteseducator.org/practice/provider-resources/make-a-referral>.

Who to Refer

To qualify for DSMES services, an individual must have the following:

- Documentation of diagnosis of type 1, type 2 or gestational diabetes
- Under Medicare and many commercial payers diagnosis must be made using the following criteria:
 - Fasting Blood glucose of 126 mg/dL on two separate occasions
 - 2-Hour Post-Glucose Challenge of ≥ 200 mg/dL on two separate occasions
 - Random Glucose Test of > 200 mg/dL with symptoms of unmanaged diabetes
- A written referral from the treating physician or qualified non-physician practitioner (including nurse practitioner, physician assistant, clinical nurse specialist or advanced nurse practitioner)
 - A new referral is required for follow up visits after one year

<https://www.diabeteseducator.org/practice/provider-resources/make-a-referral>.

When to Refer

When DSMES is most critical and a referral is needed for optimal outcomes. These include:

- At Diagnosis
- During an annual assessment
- When a person with diabetes faces new complicating factors
- When there is a transition in care

<https://www.diabeteseducator.org/practice/provider-resources/make-a-referral>.

When to Refer

As the central point of the diabetes care team, diabetes care and education specialists are uniquely positioned to:

- Reduce readmissions and encourage long-term self-management
- Lower costs for your health system, the provider and most importantly the person with diabetes
- Improve quality measures, outcomes and health at an individual and population level
- Improve productivity and performance for your practice, health system or health plan

<https://www.diabeteseducator.org/practice/provider-resources>.

Insurance Requires Referrals (samples)

- ADA

PHYSICIAN REFERRAL FORM:

Patient's name: _____ SS#: _____ Health Insurance _____ DOB: Phone #: _____
 Today's Date: _____

Diabetes Diagnosis:

- Type 1, controlled Type 1, uncontrolled Type 2, controlled Type 2, uncontrolled
 Gestational Pre-Existing DM with Pregnancy Pre-diabetes

Current Treatment:

- Diet & Exercise Oral Agents: _____ Insulin _____

Indicate one or more reason for referral: Recurrent elevated blood glucose levels Recurrent Hypoglycemia

- Change in DM treatment regimen
 High risk due to Diabetes Complications/Co-morbid conditions:
 Retinopathy Neuropathy Nephropathy Gastroparesis Hyperlipidemia
 Hypertension Cardiovascular disease Other _____

Recent Labs:

FBG _____ Date: _____ HgbA1C _____ Date: _____
 Micro-Albumin _____ Date: _____ Total Cholesterol _____ Date: _____
 HDL _____ Date: _____ LDL _____ Date: _____
 Triglycerides: _____ Date: _____

Education Needed:

Referral For:

- Initial Comprehensive Diabetes Self-Management Training(DSMT) – 10 hrs and all 9 topics
 DSMT: Follow-up – 2 hrs
 Medical Nutrition Therapy (MNT) initial – 3 hrs
 MNT: Follow up – 2 hrs
 Specific Topics and Hours if needs vary from above: _____

*DSME can be ordered by an MD, DO or midlevel provider managing the patient's diabetes.
 **MNT must be ordered by MD or DO.

Indicate any existing barriers requiring customized education:

Indicate any barriers to group learning or additional insulin training requiring 1:1 education:

- Impaired mobility Impaired vision Impaired hearing Impaired dexterity

- Impaired mental status/cognition Language barrier Eating disorder

Learning disability or other (please specify): _____

- 1:1 Insulin Training

I hereby certify that I am managing this beneficiary's Diabetes condition and that the above prescribed training is a necessary part of management. (Medicare patients)

Physicians' signature: (Required) _____ Physician's Name (Printed): _____

- AADE

ORDER FORM

Diabetes Self-Management Education & Support/Training & Medical Nutrition Therapy Services

MEDICARE COVERAGE: Diabetes self-management education and support/training (DSMES/T) and medical nutrition therapy (MNT) are separate and complementary services to improve diabetes self-care. Individuals may be eligible for both services in the same year. Research indicates MNT combined with DSMES/T improves outcomes.

DSMES/T: 10 hours initial DSMES/T in 12-month period from the date of first session, plus 2 hours follow-up per calendar year with written referral from the treating qualified provider (MD/DO, APRN, NP or PA) each year.

MNT: 3 hrs initial MNT in the first calendar year, plus 2 hours follow-up MNT annually. Additional MNT hours available for change in medical condition, treatment and/or diagnosis with a written referral from any physician (MD/DO).

Medicare coverage of DSMES/T and MNT requires the referring provider to maintain documentation of a diagnosis of diabetes based on the following:

- fasting blood glucose greater than or equal to 126 mg/dl on two different occasions
- 2 hour post-glucose challenge greater than or equal to 200 mg/dl on 2 different occasions
- random glucose test over 200 mg/dl for a person with symptoms of uncontrolled diabetes

*Other payors may have other coverage requirements. (Source: Volume 88, #216, November 7, 2003, page 83261/Federal Register)

PATIENT INFORMATION

Last Name _____ First Name _____ Middle _____
 Date of Birth ____/____/____ Gender: Male Female Other: _____
 Address _____ City _____ State _____ Zip Code _____
 Home Phone _____ Cell Phone _____ Email address _____

Diagnosis

Please send recent labs that support diagnostic criteria for patient eligibility & outcomes monitoring

- Type 1 Type 2 Gestational Diagnosis code _____

Diabetes Self-Management Education & Support /Training (DSMES/T)

Check type of training services and number of hours requested

- Initial DSMES/T 10 or _____ hours
 Follow-up DSMES/T 2 hours
 If more than one hour individual initial training requested, please check special needs that apply:
 Vision Physical Hearing No group sessions available within 2 months
 Language Cognitive Other (specify) _____
- All content areas identified by DSMES Team on assessment OR Specific Content areas (Check all that apply)
 Pathophysiology of diabetes and treatment options Reducing risk (treating acute and chronic complications)
 Healthy coping Problem solving (and behavior change strategies)
 Healthy eating Being active Preconception, pregnancy, gestational diabetes
 Taking medication (including insulin and/or injection training) Monitoring

Medical Nutrition Therapy (MNT)

Check the type of MNT requested

- Initial MNT 3 hours Additional MNT hours for change in:
 Annual follow-up MNT 2 hours medical condition treatment diagnosis.

Signature of qualified provider certifies that he or she is managing the beneficiary's diabetes care for DSMT referrals.

Signature and NPI # _____ Date ____/____/____

Group/practice name, address and phone: _____

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Find a qualified program

- ADA

- <https://diabetes.org/tools-support/diabetes-education-program>

The screenshot shows the American Diabetes Association website. At the top, there is a navigation bar with links for Diabetes, Healthy Living, Ways To Give, Get Involved, Tools & Support, and About Us. Below this is a search bar and a 'Find' button. The main heading is 'Find a Diabetes Education Program in Your Area'. There is a search form with a 'Select Miles' dropdown, a 'With' dropdown, and a 'ZIP Code' input field. Below the form are checkboxes for 'Spanish', 'Pediatric', 'Internecine', and 'DPP'. A paragraph of text explains that the ADA's recognized diabetes education program will help users gain knowledge, skills, and confidence to thrive with diabetes. Below this is a 'Frequently Asked Questions (FAQs)' section with two questions: 'Who can refer me to a diabetes education program?' and 'When should I request a referral to a diabetes education program?'. A vertical 'Diabetes' button is on the right side of the page.

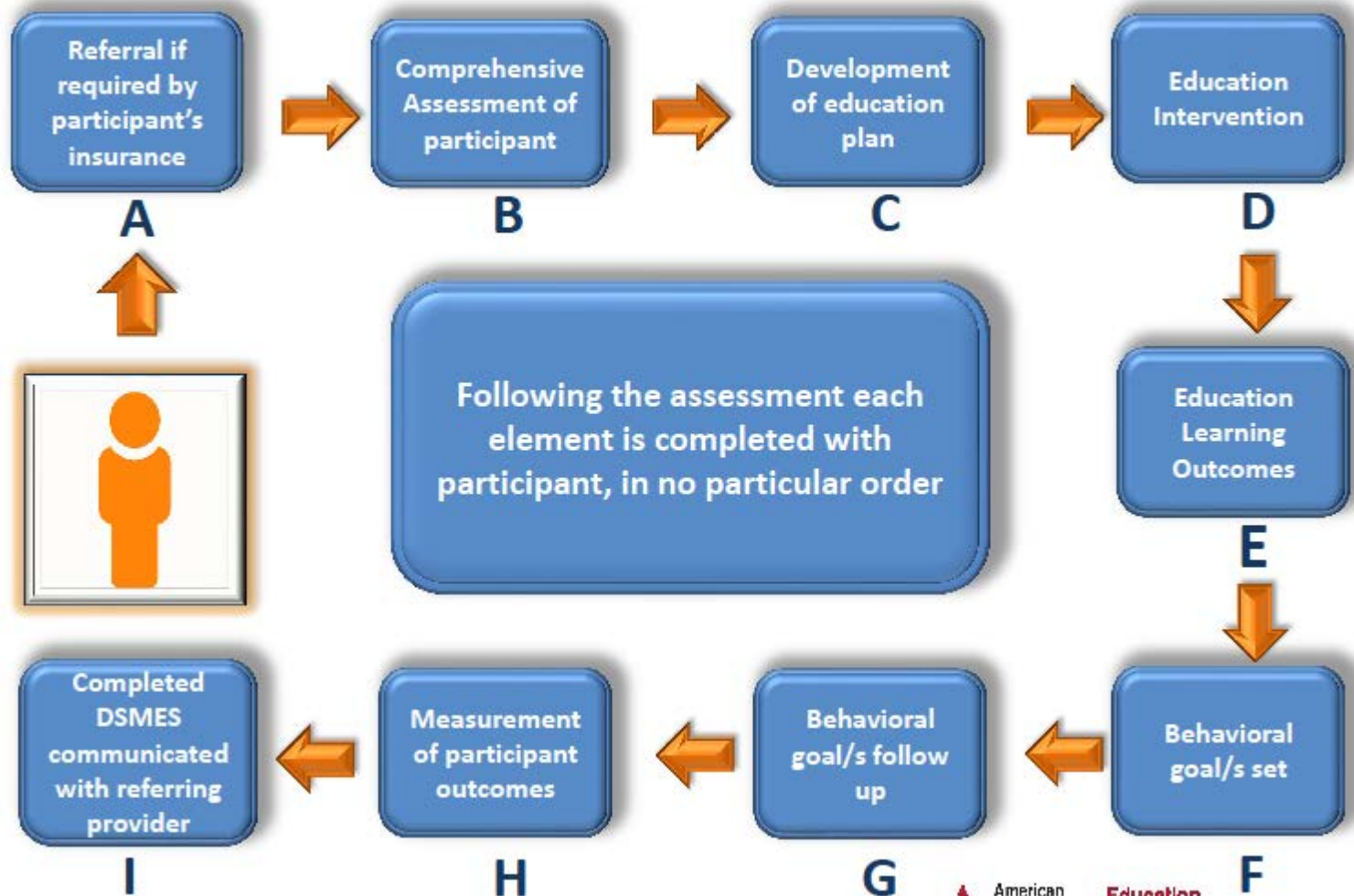
- AADE

- <https://www.diabeteseducator.org/living-with-diabetes/find-an-education-program>

The screenshot shows the American Diabetes Educator website. At the top, there is a navigation bar with links for danatex, Practice, Education, Living w/ Diabetes, Research, Advocacy, News, and Prevention. Below this is a search bar and a 'Sign In' button. The main heading is 'Find a Diabetes Education Program in Your Area'. There is a paragraph of text explaining that if you have diabetes, you know how challenging it can be to manage your disease. Below this is another paragraph explaining that as a member of your healthcare team, a diabetes care and education specialist makes managing your diabetes easier. Below this is a paragraph explaining that diabetes education is a recognized part of your diabetes care and is covered by Medicare and most health insurance plans. Below this is a paragraph explaining that two organizations, ADCES and the American Diabetes Association, accredit diabetes education programs. Below this is a map showing the location of the user and a list of nearby diabetes education programs. The list includes: S Minds Pharmacy LLC, A Plus Family Healthcare, LLC, Accent Physician Specialists PA, Access Family Medicine PLLC, Access to Healthcare Network, Accord Medical Care PC, Joana-Camacho-Leguna Indian, Adashi & Wilkes, LLP dba Centennial Associates, Adena Regional Medical Center, Adherens Incorporated, and Advantage Vision Center.

DSMES Cycle

Initial Comprehensive DSMES Cycle—Standard 5



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Resources

- <https://diabetes.org>
- <https://www.diabeteseducator.org/living-with-diabetes/Tools-and-Resources>
- <https://diabetesed.net/resources-for-patients/>
- <https://www.cdc.gov/diabetes/library/factsheets.html>
- https://www.hopkinsmedicine.org/gim/faculty-resources/core_resources/Patient%20Handouts/

Thank You!