

# Diabetes Education Pearls of Wisdom



# CDE to CDCES

- A certified diabetes educator (CDE) is now called a certified diabetes care and education specialist (CDCES)
- Today I would like to give some needs that I have seen unmet in many of our patients. As providers, discussing these may assist in better management of our patients with diabetes.

# Diabetes Self-Management Education and Support (DSMES)

- Critical element of care for all people with Diabetes
- **Underutilized**
  - **Only 5% of Medicare beneficiaries with newly diagnosed diabetes used DSMT services**
  - **Only 6.8% of individuals with newly diagnosed T2D with private health insurance received DSMES within 12 months of diagnosis**

# DSMES Core Content

(This is ideal, although many of our patients will not attend a DSMES Program.)

- Pathophysiology of diabetes and treatment options
- Healthy coping
- Healthy eating
- Being active
- Taking medication
- Monitoring
- Reducing risk (treating acute and chronic complications)
- Problem-solving and behavior change strategies.

# Pathophysiology of diabetes and treatment options

- In short and layman's words what is diabetes. *Too much sugar in the blood.* Short version of what pancreas does and how insulin works. Make it easy and to the point. Provide examples.
- What type of diabetes do I have? Many do not know this.
- Inform patients of various treatment options. Make them feel they are in the decision process.
  - Oral medications
  - Insulin
  - Non-insulin injectables

# What I should teach about insulin.

- How each insulin prescribed works. What they need to watch for.
- How to take it and it should be written before they leave. Do not depend on what the pharmacy notes on the package.
- Do they know how to use the insulin syringe. Can they see it to give correct dose.
- If ordering an insulin pen, how to use it properly.
- Injecting insulin. What site are they injecting in.
- Storage of the insulin used and unused.
- Proper disposal of needles.

# Taking Medications Safely

- How and when to take medications
- Side effects of medications
- List changes being made, they will forget
- Have them bring in medications from home. Intake person can look at this to make certain they are not duplicating and have what's prescribed.

# Symptoms of Hypoglycemia and Treatment

- **Weakness**
- **Cold sweat, clammy feeling**
- **Shakiness**
- **Hunger**
- **Irritability**
- **Headache**
- **Dizziness**
- **Trouble concentrating**
- **Light-headedness**

If symptoms occur, follow these steps:

1. If possible, **test blood glucose to confirm below 70**
2. Eat or drink a fast acting carbohydrate food (15 grams)
3. Rest for 15 minutes, then retest blood glucose
4. If blood glucose remains too low, repeat steps 2 and 3
5. Eat a meal within the next half hour
6. Treatment if taking Acarbose



# Symptoms of Hyperglycemia

- **Increased thirst**
- **Increased urination**
- **Blurry vision**
- **Feeling tired**
- **Slow healing of cuts or wounds**
- **More frequent infections**
- **Weight loss**
- **Nausea, vomiting, and abdominal pain**

# Managing Hyperglycemia

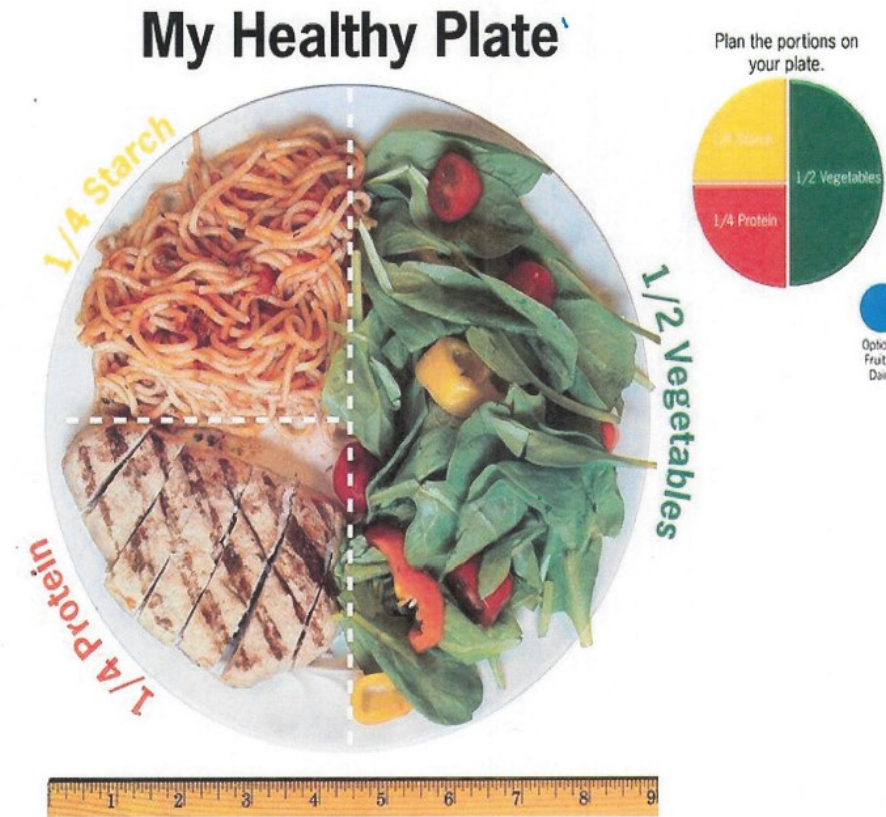
- **Test blood glucose regularly**
- **Look for causes, such as:**
  - **Unhealthy food choices**
  - **Too little medication**
  - **Stress or illness**
- **Work with your diabetes team to adjust the plan of care**

# Healthy Eating

- There is no specific “Diabetes Diet”. We now want to focus on Healthy Eating.
- All foods are acceptable in moderation. The only thing we do emphasize is stop the sugary drinks.
- Stress that carbohydrates turn into sugar so this is the main food group that will be moderated not eliminated.

# My Healthy Plate

- Limit fried and high fat foods.
- Limit sodium.
- Smaller plate
- Carbs per meal:
  - Men -45-60 grams
  - Ladies -30-45 grams



# Physical Activity

- An important part of the diabetes management plan
- Exercise is a form of physical activity that should be performed regularly.
  - 150 min a week = 60 minutes 3 days/week = 30 minutes 5 days/week
  - Start slow = 10 minutes 3 times a day and gradually increase
  - No more than 2 consecutive days of rest
  - Flexibility and balance training 2-3 days/week
  - Check with your doctor before starting



# Healthy Coping

- Mental health should always be addressed.
- Diabetes can cause much distress.
  - Support system
  - Referrals as needed

# Foot Care

- Inspect feet daily
- Wash feet daily warm water, no long soaks. Dry, especially between toes.
- Keep skin soft – apply moisturizing cream, but do not apply between toes.
- Shoes should be worn at all times.
  - Should fit well
  - Inspect shoes before putting on.
- Looking for signs of infection and if present, get evaluated.

# Self-Monitoring Blood Glucose at Home

- Blood glucose monitoring via fingerstick or CGM.
- All patients should know their target ranges.
- Instruct on when to test and discuss what their readings mean.
- If asking for this to be done, it should be evaluated at visits.
- Allow patients to inform you of reasons for out-of-range readings and encourage to do more of what they did when they were in range.

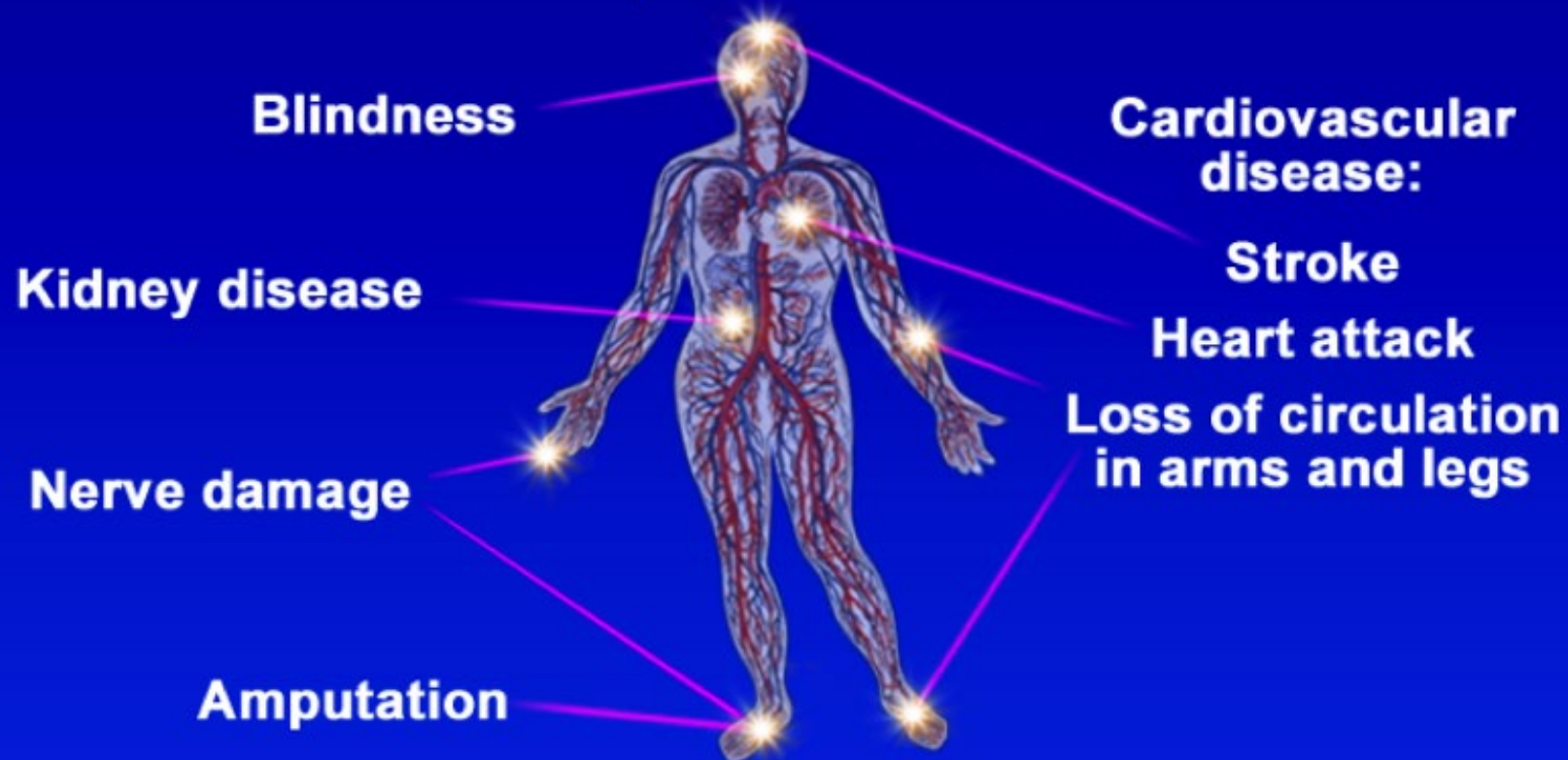


# Blood Sugar Target

- Fasting: 80-130
- Before meals: Less than 150
- 2 hours after meals: Less than 180
- Bedtime: 100-140
- Individual targets will vary\*\*\*

# Hyperglycemia Can Cause Serious Long-Term Problems

## Chronic complications of diabetes



# Indications for DSMES Referral

- **Four Critical Times to Refer:**
  - New diagnosis of diabetes
  - Annually and/or when not meeting treatment goals
  - When complicating factors develop
  - When transitions in life and care occur
- **Inpatient Consults:**
  - New diagnosis of diabetes
  - New insulin start
  - Pump patients
  - Recurrent hypoglycemia
  - Various other needs

# Resources

- Listings of ADA ERP Listings
  - Search for Recognized Education Programs by zip code or filter by state
  - [https://professional.diabetes.org/erp\\_list](https://professional.diabetes.org/erp_list)
- Listing of ADCES recognized programs
  - ADCES website
- Children with diabetes and all Type 1 diabetes
  - JDRF website

Questions?

