



# Diabetes Self-Management Education



Indian Health Service Division of Diabetes Treatment and Prevention  
5300 Homestead Road NE, Albuquerque, New Mexico 87110  
(505) 248-4182 [www.ihs.gov/medicalprograms/diabetes](http://www.ihs.gov/medicalprograms/diabetes)

Is a Best Practice Diabetes Self-Management Education (DSME) Program right for your diabetes program?

➔ Do you want your diabetes program to be better at:

1. Assessing the educational needs of individuals with diabetes?

Yes  No

**What you will be doing:** Identifying the educational needs of all individuals with diabetes (e.g., by performing individual needs assessments) ♦ Considering age, sex, duration of diabetes, and potential challenges to participation

**Who will be doing it:** Clinic and community program staff ♦ Health care providers

2. Assessing the resources available for quality diabetes self-management education?

Yes  No

**What you will be doing:** Learning more about the Indian Health Service (IHS) Integrated Diabetes Education Recognition Program (IDERP), which offers a three-stage process for building quality diabetes education programs based on the National Standards for Diabetes Self-Management Education (please refer to the *IHS IDERP Standards, Review Criteria, and Application Manual*) ♦ Using the *IHS IDERP Standards, Review Criteria, and Application Manual* to assess your diabetes education program ♦ Attending an IHS IDERP workshop ♦ Seeking technical assistance through the IHS Division of Diabetes Treatment and Prevention

**Who will be doing it:** Clinic and community program staff ♦ Health care providers ♦ Organization leaders

3. Developing, implementing, and evaluating diabetes self-management education?

Yes  No

**What you will be doing:** Identifying new and fostering existing partnerships ♦ Designating a coordinator with skills in program planning, implementation, and evaluation ♦ Considering establishing a diabetes team and advisory body to guide the development of quality DSME services and to help you decide if applying for IHS IDERP recognition would be right for your program and community ♦ Using the *IHS IDERP Standards, Review Criteria, and Application Manual* as a guide to develop quality DSME programs (even if you choose not to apply for program recognition) ♦ Using the IHS IDERP framework for providing diabetes education and documenting program outcomes ♦ For people with diabetes, using an IHS IDERP-approved (or equivalent) curriculum, such as the *Balancing Your Life and Diabetes Curriculum*

**Who will be doing it:** Clinic and community program staff ♦ Health care providers ♦ Organization leaders

4. Making improvements throughout your organization?

Yes  No

**What you will be doing:** Using the IHS IDERP to help you make system and program changes to improve diabetes education ♦ Obtaining ongoing input on the DSME program from the diabetes team and advisory body ♦ Establishing DSME outcome measures in the organization's annual performance improvement plan

**Who will be doing it:** Clinic and community program staff ♦ Health care providers ♦ Organization leaders

➔ If you answered "Yes" to many of these questions, go to page 2 to learn how a Best Practice Diabetes Self-Management Education Program can benefit your diabetes program!

## What is diabetes self-management education?

DSME helps individuals with diabetes acquire the knowledge, skills, attitudes, and behaviors needed to make the best decisions about their daily diabetes management. It is an integral component of diabetes care.

## Why is diabetes self-management education important to American Indian and Alaska Native communities?

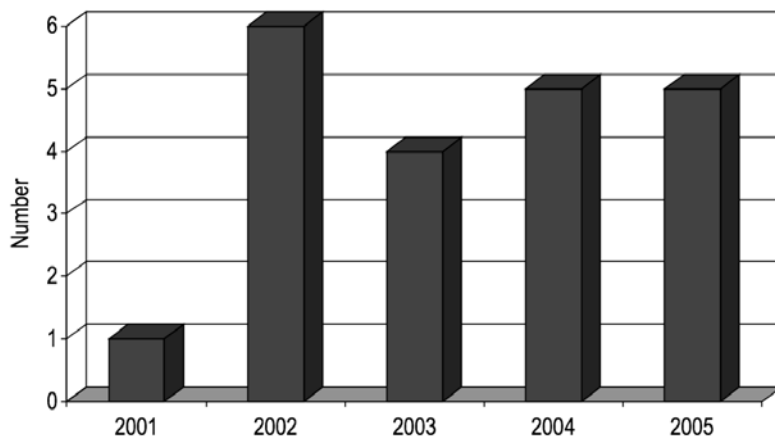
DSME is important to American Indian and Alaska Native communities because it can:

- Improve clinical and self-care behavioral outcomes, such as lower A1c and improved quality of life.
- Provide patients with the knowledge, skills, and resources necessary to make informed self-management choices to manage their diabetes throughout their lifetime.
- Inform patients and their families, as well as communities, about the benefits of adopting healthy lifestyles.

## The good news about diabetes self-management education...

DSME benefits the entire community by promoting healthy behaviors and lifestyles and by creating a supportive environment for people with diabetes or at risk of developing diabetes. The IHS IDERP can help your program build a quality diabetes education program and will enhance your DSME activities.

## Number of diabetes programs receiving IHS IDERP recognition



Source: IHS Division of Diabetes Treatment and Prevention Statistics

The number of diabetes programs that received IHS IDERP recognition has increased over time. Programs that achieve recognition can help improve the quality of their diabetes services and patients' clinical and behavioral outcomes. What steps is your program taking toward IHS IDERP recognition?

A Best Practice Diabetes Self-Management Education Program will require a coordinated approach. Here are some tips on how health care providers, community programs, health care administrators, and tribal leadership can work together.

## ➔ Working together to improve diabetes self-management education:

### 1. Who can help?

**Ask for and enlist support from:** Your local health care team ♦ Community health and wellness programs, such as senior centers, recreation centers, and local walking and running clubs ♦ Decision and policy makers ♦ Local businesses, such as restaurants, fitness clubs, and grocery stores ♦ Local schools ♦ The media

### 2. Why is it important to work together?

**Working with clinic, community, and leadership partners will help you:** Leverage resources ♦ Avoid duplicating services ♦ Share staff, ideas, and resources ♦ Organize logistics and solve problems ♦ Get help developing initiatives and proposals ♦ Get support for your common goal of improving the health of your community

### 3. How can you work together?

**Work with your partners to:** Assess what others are doing successfully ♦ Share what you are already doing ♦ Determine what each partner will do ♦ Assign tasks and timelines ♦ Plan and establish programs and activities ♦ Develop and implement goals and objectives ♦ Design evaluation plans ♦ Maintain regular contact with each other