

Team Based Care in the Management of Diabetes

Produced by the Alabama Department of Public Health
Distance Learning and Telehealth Division

Faculty

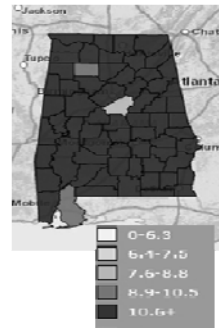
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Objectives

- Describe diabetes self-management education (DSME)
- Describe the integration of medical nutrition therapy (MNT) with a DSME program
- Identify the benefits of a team based approach to diabetes care

Epidemiology

- Alabama ranks 1st in cases of diabetes (CDC 2015)
 - Approximately 13% of population as compared to 9.3% of US population
 - 25% of deaths in Alabama



Systematic Review - DSME

- Heterogeneous
 - Mode of delivery, provider, duration, contact hours, frequency of follow-up
 - Group, individual, or combination
 - 118 unique interventions

Systematic Review - DSME

- 0.74% reduction in A1c with interventions
- 0.17% reduction in A1c within control groups
- 0.8% reduction in A1c in studies showing significant reduction
- 83.9 % reported significant reductions baseline A1c > 9%

Chrvala C, Sherr D, Lipman R. Diabetes self-management education for adults with type 2 diabetes mellitus: A systematic review of the effect on glycemic control. *Patient Education and Counseling*. 2016;99(6):926-943.

DSME

- **Individual assessment**
 - 1 hour prior to beginning classes
 - Performed by RD or RN
- **Group training**
 - 3, 2.5 hour sessions within 1 month of assessment visit

DSME

- **Performed by RD, RN, PharmD, MS, behavioral health**
- 1, 1.5 hour session 5 months after class completion
- **Performed by RD, RN**

DSME

- **Education on 10 content areas**
 - Pathophysiology
 - Monitoring
 - Nutrition
 - Medications
 - Physical activity
 - Acute complications

DSME

- Chronic complications
- Psychosocial adjustment
- Goal setting
- Preconception / pregnancy management or GDM

MNT

- **Individual appointments with RD**
 - 1 - 2 weeks after class completion
 - 3 months after initial assessment

DSME and MNT

- **DSME**
 - Ongoing process of facilitating knowledge, skill, and ability necessary for diabetes self-care
 - Group and individual education
 - Provided by multi-disciplinary team

DSME and MNT

- **MNT**
 - **Nutritional diagnostic, therapy, and counseling services for the purpose of disease management**
 - **Individualized education**
 - **Provided by registered dietitian**

Team Based Approach

- **Multiple disciplines**
 - **RD, RN, PharmD, behavioral health**
- **Individual and group visits**
- **Motivational interviewing**
- **Goal setting**