

Registered Nurses:
A Critical Component of the Team for
Diabetes Self-Management
Education & Support (DSMES) Services

DSMES in Diabetes Care Series Video #1: Basics & Reimbursement

Presenter:
Valerie Hon, BSN, RN, NCSN



Why Diabetes Self-Management Education & Support Services?

- Improved A1c levels
- Improved control of blood pressure and cholesterol levels
- Higher rates of medication adherence
- Healthier lifestyle behaviors
- Enhanced self-efficacy
- Decreased healthcare costs
- Fewer or less severe diabetes-related complications

Reimbursement Key Factors

- Qualifying practitioner
- Documented plan of care
- Ongoing care provider
- Group/Individual
- Total time/Hours
- Content
- Approved places of service

What are Diabetes Self-Management Education & Support Services?

- A critical element of care for all people with diabetes (PWD)
- Individualized and tailored to PWD
- Specialized interactions, evidence-based, driven by National Standards
- Ongoing process facilitating knowledge, skills, and ability for diabetes self-care
- Activities assist a person in implementing and sustaining behaviors needed to manage condition ongoing, beyond or outside of formal self-mgmt. training.
- Provided by knowledgeable team member

How is DSMES reimbursed?

- Commercial Insurance
- Medicare
- Medicaid
- Private Pay/Out of Pocket

Next: Where are DSMES Services Located?

- Join the discussion with Marilyn Hodgson, MSN, RN, CDCES
- Marilyn is the Quality Initiatives Coordinator for the Wisconsin Department of Health Services; Chronic Disease Prevention Program.
- Marilyn will unveil a map highlighting the primary and satellite locations for DSMES services across the state of Wisconsin.

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DSMES in Diabetes Care Series Video #2: Service Locations

Presenters:
Valerie Hon, BSN, RN, NCSN
Marilyn Hodgson, MSN, RN, CDCES



Where are DSMES Services located?

CDC – *Centers for Disease Control* – DSMES Toolkit – links to ADCES map of accredited ADCES and certified ADA programs (map link below)
<https://www.cdc.gov/diabetes/dsmes-toolkit/index.html>

ADA - *American Diabetes Association* – Education Recognition Program – search for a Recognized Education Program by zip code
https://professional.diabetes.org/erp_list_zip

ADCES – *Association of Diabetes Care & Education Specialists* – Diabetes Education Accreditation Program – map of ADA's Primary DSMES and ADCES's Main DEAP program sites, but not all expansion sites
<https://www.diabeteseducator.org/living-with-diabetes/find-an-education-program>

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DSMES in Diabetes Care Series Video #3: Service Delivery

Presenters:
Valerie Hon, BSN, RN, NCSN
Gwen Klinkner, DNP, RN, BC-ADM, CDCES
Christine Veenendall, BSN, RN, CDCES



Our Guest

Marilyn Hodgson, MSN, RN, CDCES

Wisconsin Department of Health Services
Chronic Disease Prevention Program
Quality Initiatives Coordinator

Next: The delivery of DSMES services

- Join the discussion with Gwen Klinkner and Christine Veenendall,
- Gwen and Christine are both practicing CDCES representing the inpatient and outpatient settings.
- Gwen and Christine will talk about the delivery of DSMES services, what the participant might expect, and who may refer a person with diabetes.

Our Guests

Gwen Klinkner, DNP, RN, BC-ADM, CDCES
University of Wisconsin Hospital & Clinics

Christine Veenendall, BSN, RN, CDCES
Western Wisconsin Health

When to refer for
Diabetes Self-Management Education & Support
Services?

Who may make a referral to DSMES Services?

What should the DSMES participant expect?

How are DSMES services delivered?

What is one
pearl of the
role of a
Diabetes Care
and Education
Specialist?



Key Resources

- Beck, J., Greenwood, D. A., Blanton, L., Bollinger, S. T., Butcher, M. K., Condon, J. E., Cypress, M., Faulkner, P., Fischl, A. H., Francis, T., Kolb, L. E., Lavin-Tompkins, J. M., MacLeod, J., Maryniuk, M., Mensing, C., Orzeck, E. A., Pope, D. D., Pulizzi, J. L., Reed, A. A., Rhinehart, A. S., Siminerio, L., & Wang, J. (2017). 2017 National standards for diabetes self-management education and support. *Diabetes Care*, 40(10), 1409-1419. <https://doi.org/10.2337/dci17-0025>
- Centers for Disease Control and Prevention. (2018). *Diabetes Self-Management Education and Support (DSMES) Toolkit*. <https://www.cdc.gov/diabetes/dsmestoolkit/background/background.html>

Next:
How to become a Certified Diabetes Care and Education Specialist (CDCES)

- Join the discussion with Valerie and CBDCE
- The Certification Board for Diabetes Care and Education

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DSMES in Diabetes Care Series Video #4: Becoming a CDCES

Presenter:
Valerie Hon, BSN, RN, NCSN



Who is eligible to become a Certified Diabetes Care and Education Specialist?

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

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

Who grants the CDCES credentials?



<https://www.cbdce.org/>

Becoming a CDCES



<https://www.youtube.com/watch?v=5s6TSncCarw>
(12-minute video)

What's Next?
Remain in contact with us.

- Join the Wisconsin Nurses Association in the ongoing dedication to Wisconsinites who have diabetes.
- Share your innovations and bring challenges to the table.
- Phone: 608.221.0383
- Email: info@wisconsinnurses.org