

TAKE CHARGE OF YOUR DIABETES PROGRAM

STANFORD DIABETES SELF-MANAGEMENT PROGRAM (DSMP)

Helping to Improve Health...One Step at a Time

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Diabetes Education Symposium
April 20, 2017

OUR PARTNERSHIP MODEL

- ▶ Began in the summer of 2010 with the TDH Eastern Region Health Office and expanded state-wide in the Fall 2011.
- ▶ UTE brought health educators and Extension educators together for DSMP leader training
- ▶ Increased capacity of both organizations to reach residents with DSMP
- ▶ Co-Master Trainers
- ▶ TDH and UTE educators co-teach the program
- ▶ In 2013, CDC's I305 Grant provided partnership/program expansion and sustainability
- ▶ DSMP is offered in 85 of Tennessee's 95 counties

TAKE CHARGE OF YOUR DIABETES WORKSHOPS

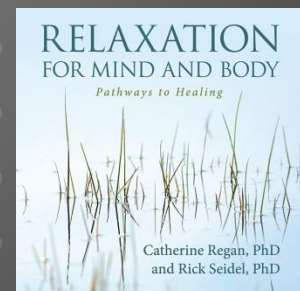
- ▶ Developed by researchers in the early 1990's at Stanford University Patient Education Research Center
- ▶ DSMP is based on the Stanford Chronic Disease Self-Management Program
- ▶ The curriculum content meets the standards of the American Diabetes Association and American Association of Diabetes Educators
- ▶ Workshop series that meets once a week for 2 to 2-½ hours for six weeks

TAKE CHARGE OF YOUR DIABETES WORKSHOPS

- ▶ Led by two certified DSMP leaders
- ▶ Process-oriented: group interaction and participation, share personal experiences, find solutions to common problems
- ▶ Three major skills for self-management: Action Planning, Problem Solving and Decision Making
- ▶ Goal: Increase self-efficacy/confidence

TAKE CHARGE OF YOUR DIABETES WORKSHOP FEATURES

- ▶ No cost to attend
- ▶ Open to anyone with pre-diabetes or diabetes
- ▶ Spouses, family members and caregivers are welcome
- ▶ Each participant receives the book *Living a Healthy Life with Chronic Conditions (4th edition)* and an audio CD *Time for Healing Relaxation for Mind and Body*.
- ▶ Audio books in English and Spanish are available.



BENEFITS OF THE WORKSHOP

- ▶ Manage symptoms
- ▶ Communicate better with doctors, family members and friends
- ▶ Monitor blood glucose
- ▶ Avoid complications
- ▶ Build confidence
- ▶ Make decisions
- ▶ Manage stress and learn to relax
- ▶ Discover better nutrition and exercise choices
- ▶ Read food labels
- ▶ Manage medications



REQUIREMENTS FOR PERSONNEL

▶ Leader

- ▶ Successful completion of 4-day CDSMP training (24 hours)
- ▶ Successful completion of 1-day DSMP training (6 hours)
- ▶ Facilitate two 6-week workshops within 12 months from training date
- ▶ Facilitate one 6-week (all six sessions) workshop every year
- ▶ Follow a scripted leader manual

▶ Master Trainer

- ▶ Successful completion of 6.5-day Master Training (29.5 hours)
- ▶ Facilitate two 6-week workshops within 12 months of completion of training
- ▶ Conduct the first 4-day Leader training within 18 months of original training
- ▶ Every 12 months from certification date, conduct either a 4-day Leader Training or a 6-week series of community workshops.

HOW IS THE WORKSHOP OFFERED?

- ▶ Taught by a team of two trained leaders, one or both with chronic diseases themselves
- ▶ Co-sponsors – Stanford licensed agency (Department of Health and UT Extension) with a local organization or agency interested in serving the community
- ▶ Conducted at community settings, such as local health departments, senior centers, churches, libraries, hospitals, and state parks

SUBJECTS COVERED

- ▶ Working with Your Healthcare Professional
- ▶ Monitoring
- ▶ Healthy Eating
- ▶ Menu Planning
- ▶ Communication Skills
- ▶ Positive Thinking
- ▶ Problem Solving
- ▶ Decision making
- ▶ Foot Care
- ▶ Medication Usage
- ▶ Physical Activity and Exercise



SAMPLE OF A CHART



Diabetes Self-Management Tool Box

Healthy Eating

Physical Activity

Monitoring

Action Planning

Stress Management

Understanding Emotions

Medications

Using Your Mind

Avoiding Complications

Communication

Decision Making

Not Smoking

Problem Solving

Working with Health Professionals

EVIDENCE-BASED PROGRAM

- ▶ Randomized, controlled trials showed significant improvements in:
 - Depression management
 - Cognitive symptom management
 - Communication with physicians
 - Self-efficacy
 - Healthy Eating
 - Health Status
- ▶ Lower A1C
- ▶ Fewer symptoms of hypoglycemia
- ▶ Improved exercise

STATE AND COMMUNITY PARTNERS

- ▶ University of Tennessee Medical Center
- ▶ Area Agencies on Aging and Disability
- ▶ Henry County Medical Center
- ▶ Baptist Memorial Healthcare
- ▶ Anthem
- ▶ University Community Health Services
- ▶ LaPaz
- ▶ LeBonheur Community Health and Well-Being
- ▶ Wellmont Health Systems
- ▶ Office of Minority Health
- ▶ United Healthcare
- ▶ BlueCare of Tennessee
- ▶ Humana

COMMUNITY INVOLVEMENT

- ▶ County Health Departments
- ▶ UT Extension Offices
- ▶ Senior Centers
- ▶ Community Centers
- ▶ County Offices on Aging and Disability
- ▶ Churches
- ▶ Medical Centers, Hospitals, Physician Offices and Primary Care Clinics
- ▶ State Parks/Fairgrounds
- ▶ Libraries
- ▶ County Jails
- ▶ Wellness Centers
- ▶ Health Councils
- ▶ Pharmacies
- ▶ YMCAs