Engaging Residents in Self-Management of Diabetes

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Lake Superior Quality Innovation Network

FOCUS 2016
November 16, 2016

This material was prepared by the Lake Superior Quality Innovation Network, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The materials do not necessarily reflect CMS policy. L15OW-WI-B2-16-36-100616
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Objectives:
- Describe a holistic self-management education program
- Identify available CMS tools and resources
- Describe the role of OHE in supporting custom long-term care
- Identify next steps to integrate OHE into the long-term care

How to Get Started!
- Get involved as a stakeholder to EDC with MetaStar, Inc.
- Get staff trained to be workshop leaders
- Get a license to hold workshops
- Host a leader training
- Host a peer educator workshop

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Diabetes Self-Management Education

Diabetes - Two types of curriculum available:
- Standard
- Diabetes Empowerment Education Program (DEEP)
Objectives

- Describe a diabetes self-management education (DSME) program
- Identify available DSME in Wisconsin, region, and nation
- Summarize how DSME supports quality care in long-term care
- Identify next steps to integrate DSME into the organization
Providers need to find the balance

- Regulations
- Standard of Care
- Diabetes Self-Mangement
- Resident Rights
Regulations
Standard of Care
Diabetes Self-Mangement

Resident Rights
Providers need to find the balance

- Regulations
- Standard of Care
- Diabetes Self-Management
- Resident Rights
The IHI Triple Aim

Population Health

Experience of Care

Per Capita Cost

EDC
Everyone with Diabetes Counts

- Initiative
- Increase attendance to Diabetes Self Management Education (DSME)
- Increase providers to educate patients
- Increase community awareness
• Initiative
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Quality Improvement Organizations
Sharing Knowledge, Improving Health Care.
CENERS FOR MEDICARE & MEDICAID SERVICES

Lake Superior Quality Innovation Network
MICHIGAN | MINNESOTA | WISCONSIN

EDC
Everyone with Diabetes Counts

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- Increase community awareness
F242 - Self Determination Trumps All!
F242 - Self Determination Trumps All!
Diabetes Self-Management Education

Diabetes – Two types of curriculum available:
• Stanford
• Diabetes Empowerment Education Program (DEEP)
DEEP in Wisconsin

Wisconsin Health Care Association:
- Three long-term care campuses participating in getting staff certified
- WI National Alliance of Mental Illness (NAMI)
- Training partners to align diabetes education with behavioral health treatment
- Richland County
- Created a peer education network

Trial at southern WI nursing home private apartments campus:
- I lost weight!
- I learned how to monitor my food.
- I learned how to prevent diabetes and pre-diabetes!
- I know how to talk to my caregivers about what is important to me.
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How would this help...

**Families**
- A better partner to facility in care planning for residents’ needs
- Opportunity to learn about diabetes

**Staff/Facility**
- Reduce readmissions
- Increase accountability of staff
- Increase reputation for providing care to a diabetic

**Patients**
- Increase independence
- Increase compliance
- Increase satisfaction
**Staff/Facility**

- Reduce readmissions
- Increase accountability of staff
- Increase reputation for providing care to a diabetic
Families

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EDC
Everyone with Diabetes Counts
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