



Outpatient Diabetes Education

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Objectives

At the end of the presentation the participant will be able to:

- Define the AADE 7 from the American Association of Diabetes Educators.
- Describe the Diabetes Self Management Educational Outcomes Continuum.
- Define key components required in an outpatient assessment.



American Association of Diabetes Educators

- Definition of Diabetes Education
 - Collaborative process through which people with diabetes or those at risk for diabetes gain the knowledge and the skills needed to modify behavior and successfully self-manage the disease and its related conditions

Tomky D, et.al. (2008). AADE Position Statement: AADE 7 Self Care Behaviors. *The Diabetes Educator*. 34 (3):445-449.



AADE 7 Self Care Behaviors

- Health eating
- Being active
- Monitoring
- Taking medications
- Problem solving
- Healthy coping
- Reducing risks



DSME Outcomes Continuum

Measure → Monitor → Manage

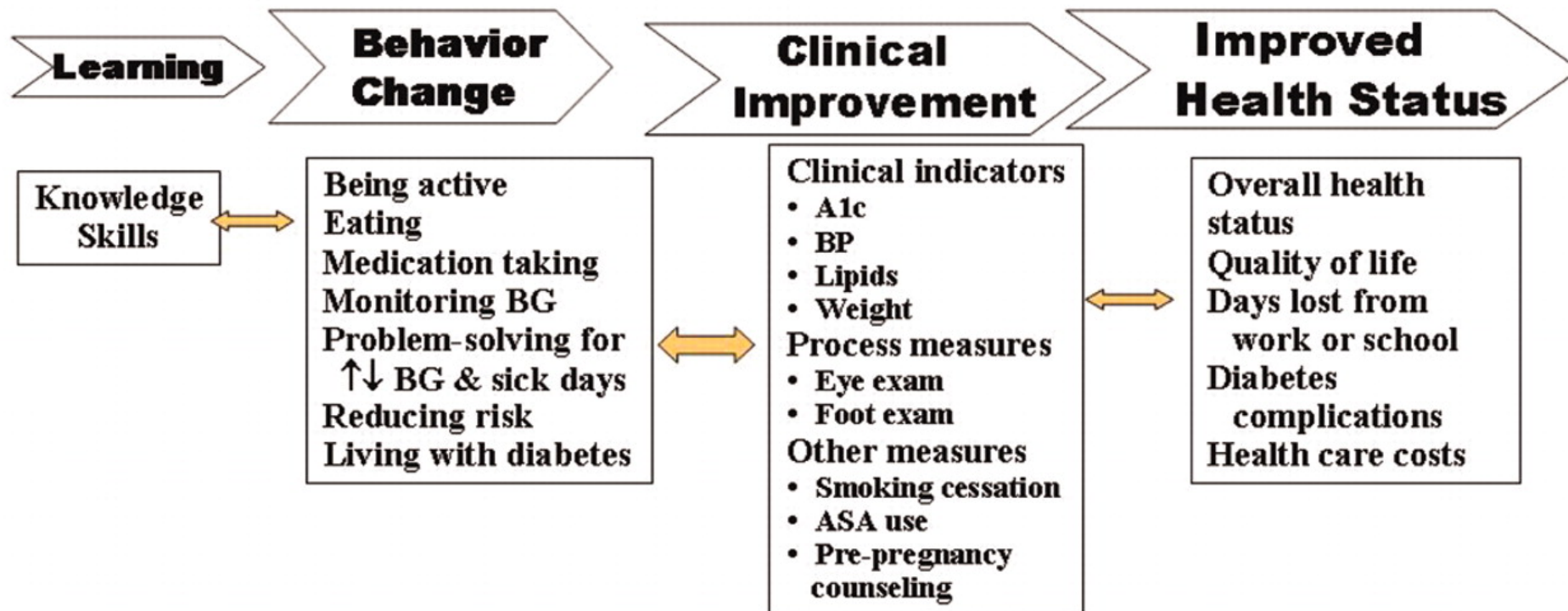
→ → → → → → Outcomes Phases → → → → → →

Immediate

Intermediate

Post-Intermediate

Long Term



Adapted from Mulcahy K, et al. Diabetes self-management education core outcome measures. *The Diabetes Educator* 29:768-803, 2003.

Individualization of Diabetes Self Management

- Based on an assessment that addresses personal attributes such as:
 - Health status
 - Attitudes, beliefs, experiences, and desire to participate in diabetes education
 - Psychosocial status
 - Literacy and learning style
 - Cultural and life span issues
 - Personal metabolic and other goals
 - Self care skills and access to resources



Health Status

- Influences attitudes
- Health beliefs
- Goals
- Readiness and ability to learn



Attitudes, Beliefs, Experiences and Desire to Participate

- Attitudes and beliefs are shaped by experiences
 - Family member with diabetes
 - Reports in the media
 - Advice or anecdotes from friends



Psychosocial Status

- Social support
- Economic resources
- Stress
- Anxiety
- Depression
 - Higher levels of depression in those dx with diabetes



Literacy and Learning Style

- Educational objectives matched to learning style
 - Reading
 - Listening
 - Discussion
- Low literacy associated with poorer glycemic control
 - More comfortable learning from others, small groups
 - Storytelling and or brainstorming



Cultural and Life Span Issues

- Programs should be culturally relevant
- Designed to meet the developmental tasks
- Should be developmentally appropriate
 - Preschool
 - School age
 - Adolescent
 - Adult
 - Senior



Personal, Metabolic and Other Goals

- Asking a patient individual objective's and priorities for education
- Self directed goal setting
- Use of AADE 7



Self Care and Access to Resources

- Financial resources
 - Diabetes supplies
 - Medications
 - Education
- Physical location
 - Where they live
 - Do they have transportation to clinic
- Physical impairment



Example of an Outpatient Assessment



Case Study

M.L. is 55 year old female diagnosed 10 yrs, ago, with type 2 diabetes. She is employed as a maid. She comes to see the doctor today because she is feeling tired all the time and is Having difficulty with getting to work everyday.

PMH: Hypertension, Hyperlipedemia
Height: 62 inches Weight: 180 lbs.
BMI: 32.9
BP today: 145/95 mmHg
BG in office today: Random 292

Labs:
HgA1C 12.2
Creatinine 0.8
Urine/microalbumin <2
TSH 2.56

Labs:
Cholesterol 255
HDL 35
LDL 136
Triglycerides 150

Medications:
Metformin 1000 mg BID
Glipizide 10 mg BID
Lisinopril 20 mg QD
Simvistatin 20 mg QD

Office visit: Foot exam reveals areas of decreased sensation. Pt wears flip flops as footwear.

Case Study

Questions to ask?

- BP and HgA1C elevated how does this coincide with her complaints of fatigue?
- What about her medications what would you do next?
- Does she have the ability to pay for medications and is she taking was was already ordered?
- Her feet are insensate what should your next steps be?



Summary

- Individualized self management education:
 - Promotes educational concerns and priorities
 - Recognizes the expertise and perspective each patient brings
 - Incorporates psychosocial and behavioral aspects
 - Helps create collaborative partnerships



Thank You



Questions

