Diabetes Education

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Rex Healthcare Key Facts

Locations in Wake County – North Carolina
Raleigh, Cary, Wakefield, Apex, Garner, Knightdale, Holly Springs
Panther Creek

Facilities: Acute care hospital
Wellness centers (4) and one to be open in FY12
Skilled nursing facilities (2)
Comprehensive health campuses (2)
Limited scope sites

665 Beds
– 433 general acute care beds
– 6 NICU beds
– 226 skilled nursing

More than 5,000 employees - one of the largest employers in Wake County

Medical Staff 1,100 and growing

Volunteers: 1,200 - contributing more than 140,000 hours per year
What is Diabetes Education?

- **AADE7 Self Care Behaviors**
  - Healthy Eating
  - Being Active
  - Monitoring
  - Taking Medication
  - Problem Solving
  - Reducing Risks
  - Healthy Coping

AADE Position Statement – AADE 7™ Self-Care Behaviors
What is Diabetes Education?

• American Diabetes Association (ADA)-National Standards for Diabetes Self Management Education
  
  www.diabetes.org

• American Association of Diabetes Educators (AADE)
  
  www.diabeteseducator.org
What is Diabetes Education?

• Role of the Inpatient Diabetes Educator
  • Interdisciplinary Teams
  • Comprehensive Staff Diabetes Education
  • Hypoglycemia Screening & Monitoring Protocols
  • Hyperglycemia Insulin Protocols
  • Transition from Hospital to Home

AADE Position Statement – Diabetes Inpatient Management
What is Diabetes Education?

- Inpatient Diabetes Education
  - Perform learning needs assessment
  - Evaluate/Update prior knowledge
  - Survival Skills: What the patient must be able to do safely before discharge
    - Meal Planning
    - Safe medication administration
    - Blood glucose monitoring
    - Hypoglycemia Treatment

AADE Position Statement – Diabetes Inpatient Management
What is Diabetes Education?

- Outpatient Diabetes Education
  - Best Outcomes for Retention
  - Individual Appointments
  - Group Class Sessions
  - Support Groups
  - Community Programs
Who performs Diabetes Education?

• Healthcare Professionals
  • Registered Nurses
  • Registered Dietitians
  • Registered Pharmacists
  • Physicians
  • Mental Health Professionals
  • Exercise Physiologists
  • Others
Who performs Diabetes Education?

- Core body of knowledge and skills
  - Communication and counseling
  - Education, Study, Mentorship
- Certifications
  - Certified Diabetes Educator (CDE)
    [http://ncbde.org/eligibility.cfm](http://ncbde.org/eligibility.cfm)
  - Board Certified-Advanced Diabetes Management Certification (BC-ADM)
Program Certification

• National Accreditation Programs:
  • ADA Education Recognition Program (ERP)
    http://care.diabetesjournals.org/content/35/Supplement_1/S101.full
  • AADE – Diabetes Education Accreditation Program (DEAP)

Both operate on a 4 year renewal cycle, with annual reports that must be filed
Program Certification

National Standards set by the ADA

1. Organizational Structure
2. Advisory Group
3. Target Population & Resources
4. Leadership: Designated Coordinator
5. Experienced Educators: must have at least an RN, RD or RPh
Program Certification

National Standards set by the ADA

6. Curriculum/Framework
7. Assessment & Education Plan
8. Ongoing Support/Follow-up
10. Continuous Quality Improvement
Rex Diabetes Education

Inpatient Diabetes Education

• Patients who are admitted throughout the hospital or in the Emergency Department
• Patients who may have a need while being seen for Same Day Surgery or Outpatient procedures
• 2011 Stats:
  • 950 patients
  • 1300 hours direct education
• Survival Skills
Diabetes Education Center (DEC)

- Program Accreditation since 2001
- Outpatient referrals from Physician Practices from Wake County and outlying areas
- Individual appointments
- Group class when insurance covers
Diabetes Education Center (DEC)

- Educator appointments in Raleigh, Cary, Wakefield and Knightdale
- Monthly Group classes in Raleigh
- Support Group meetings/programs
- Community Programs/Screenings
Questions