

# 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**

# What is Diabetes Education?

- American Diabetes Association (ADA)-National Standards for Diabetes Self Management Education

[www.diabetes.org](http://www.diabetes.org)

- American Association of Diabetes Educators (AADE)

[www.diabeteseducator.org](http://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

# 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

## 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>
  - Board Certified-Advanced Diabetes Management Certification (BC-ADM)  
<http://www.diabeteseducator.org/ProfessionalResources/Certification/BC-ADM/>

## Program Certification

- National Accreditation Programs:
  - ADA Education Recognition Program (ERP)

[http://care.diabetesjournals.org/content/35/Supplement\\_1/S101.full](http://care.diabetesjournals.org/content/35/Supplement_1/S101.full)

- AADE – Diabetes Education Accreditation Program (DEAP)

[http://www.diabeteseducator.org/export/sites/aade/resources/pdf/accred/Crosswalk\\_NS\\_DSME\\_Final.pdf](http://www.diabeteseducator.org/export/sites/aade/resources/pdf/accred/Crosswalk_NS_DSME_Final.pdf)

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
9. Data Collection: Patient Goals & Outcomes
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

## Rex Diabetes Education

### 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

## Rex Diabetes Education

### 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