



SECTION: GENERAL POLICIES AND PROCEDURES

SUBJECT: DIABETES EDUCATION - INPATIENT MANAGEMENT

APPROVED BY: _____
Sarah Cairney, Director of Education

POLICY

- I. Patient education is an essential component of diabetes treatment and can help prevent unnecessary hospital admissions, and delay or reduce the acute and chronic complications of diabetes. Diabetes Self-Management Education and Support (DSMES) provides patients with the knowledge, skills and support they need to manage their Diabetes. Diabetes Education can lead to lower hemoglobin A1c (hbA1c), lower blood pressure, and lower cholesterol levels. Diabetes Education is provided by Registered Nurses (RN), Registered Dieticians (RD), and/or Certified Diabetes Care and Educational Specialist (CDCES). Diabetes Educators will complete 15 hours of Continuing Education Units (CEU)s annually.

PROCEDURE

- I. **Scope of Service**
 - A. Arrowhead Regional Medical Center's Diabetes Self-Management Education and Support Program is aligned with current American Diabetes Standards (ADA) and DSMES standards of care.
 - B. Diabetes Self-Management Education and Support provides patients living with Diabetes, individualized education, skills, and tools to manage their disease. Diabetes educators work with Interdisciplinary teams to provide education, identify barriers to care, care coordination, nutrition therapy, medication management, and monitoring/managing glycemic control.
 - C. Inpatient Diabetes Education focuses on basic skills and knowledge and is a bridge for ongoing outpatient education.
 1. Standards of Care Include:
 - a. Performing a learning needs assessment with goal setting
 - b. Meal planning
 - c. Safe Medication Administration
 - d. Monitoring blood glucose with Targets
 - e. Blood Glucose testing and Techniques
 - f. Prevention and treatment of hypoglycemia and hyperglycemia
 - g. Documenting status of self-management education
 - h. Providing referrals to community resources

D. Diabetes Education Consultation

1. Does not require a provider order and may be initiated by any member of the healthcare team.
2. The order for Diabetes Education is initiated through a Consult order in the electronic medical record (eMR)
3. The Diabetes Educator is available Monday through Friday on regular business days.
4. Consults should be for **newly diagnosed** patient with Diabetes.
5. Education for patients living with Diabetes (not newly diagnosed) will be delivered by Nursing staff within usual workflow.

E. Learning Needs Assessment

1. Performing a learning needs assessment including health literacy.
2. Special needs or barriers to learning.
3. Prior diabetes knowledge.

F. Diabetes Education Consultation Documentation

1. Focusing on Self-Management survival skills which include meal planning, safe medication administration, monitoring blood glucose with targets, and treatment of hyperglycemia and hypoglycemia.
2. Educational Materials provided.
3. Teaching methods.
4. Self-Management plans and goals.

G. Coordination of Care upon discharge

1. Collaborating closely with other team members including social workers, case managers, pharmacist, home care coordinators and community health.
2. Empowering patients and caregivers to actively participate in their care.
3. Ensuring that a follow-up appointment for Diabetes care is scheduled prior to discharge.
4. Establishing partnerships with Community-based providers.

H. Quality Management

1. Evaluating Outcomes of care coordination efforts such as readmission rates, scheduled post discharge appointment rates.

REFERENCES: American Diabetes Association, Standards of Medical Care in Diabetes-2022
The Art and Science of Diabetes Care and Education. 5th Edition ADCES-
Position. Statement: Role of the Diabetes Care & Education Specialist in
Inpatient Diabetes Management.

DEFINITIONS: NA

ATTACHMENTS: NA

APPROVAL DATE:

<u>2/7/2023</u>	<u>Nursing Standards Committee</u> Applicable Administrator, Hospital or Medical Committee
<u>3/24/2023</u>	<u>Patient Safety Quality Committee</u> Applicable Administrator, Hospital or Medical Committee
<u>6/1/2023</u>	<u>Quality Management Committee</u> Applicable Administrator, Hospital or Medical Committee
<u>7/27/2023</u>	<u>Medical Executive Committee</u> Applicable Administrator, Hospital or Medical Committee
	<u>Board of Supervisors</u> Approved by the Governing Body

REPLACES: NA

EFFECTIVE: 7/27/2023

REVISED: NA

REVIEWED: NA