

## Curriculum

- **Diabetes Overview**
- **Benefits, Risk and Management Options**
- **Prevention, Detection, and Treatment**
- **Monitoring and Use of Results**
- **Behavioral Goal Setting**
- **Nutrition: Diet, Goal Setting and Food Choices**
- **Medications**
- **Exercise and Activity**
- **Ancillary Care: Foot, Eye and Dental Health**
- **Stress and Psychosocial Adjustments**

Healthy Connections' D.I.M.E.S. program has been recognized by the American Diabetes Association for Quality Self-Management Education\*.



\*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.

## Facts About Diabetes

### **Prevalence of Diagnosed and Undiagnosed Diabetes in the United States, All Ages, 2007**

Total: 23.6 million people—7.8 percent of the population—have diabetes.

**Diagnosed:** 17.9 million people

**Undiagnosed:** 5.7 million people

## Diabetic Self

### Management Education\*

Self-management education or training is a key step in improving health outcomes and quality of life. It focuses on self-care behaviors, such as healthy eating, being active, and monitoring blood glucose. It is a collaborative process in which diabetes educators help people with or at risk for diabetes gain the knowledge and problem-solving and coping skills needed to successfully self-manage the disease and its related conditions.

**Healthy Connections' Mission Statement: To promote access to quality and affordable health and social services for Western Arkansas.**

## **Diabetic Information Management Education\* & Support**

### **The D.I.M.E.S. Program**

1201 South Mena Street, Mena, AR

479-437-3449

The DIMES program is a small group program for people with diabetes who are newly diagnosed or have had minimal prior diabetes education\*

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Some of the topic areas **include an overview of the disease process, healthy eating, blood glucose monitoring, and medications to help control diabetes, exercise, personal goal setting, and how to lower acute and chronic risk for other health problems.** Participants will have an opportunity for group discussion and to practice new skills.



## Continuum of Care

- Patient and/or Physician recognizes need for diabetes education\*
- Referral form with PCP order for diabetes self management education\* faxed to DIMES program.
- Patient contacted by DIMES and scheduled for individual assessment with RD.
- Patient completes individual assessment with RD and is enrolled in group Diabetes Self Management Class consisting of 4 two hour sessions.
- RD mails PCP a letter at the completion of the 4<sup>th</sup> class. The letter will include an outline of the patient's behavioral goals agreed upon during the Diabetes Self Management Class. Goals and objectives can be reinforced in the patient's primary care setting.
- Patient completes self assessment questionnaire at end of fourth Group class. Questionnaire will be mailed to the patient at 3 month, 6 month, and 1 year intervals to track the individual's continuing progress meeting behavioral goals agreed upon during DIMES Diabetes Self Management Class. Data collected on all patients will be used for program quality improvement and to identify continuing educational needs of the individual.  
Patient eligible for continuing advanced diabetes education on an on-going yearly basis.

## *What else should I know.....* **Medical Providers**

Patients are easily referred to the Dimes program by completing and faxing the DIMES referral form. A summary of topics taught, patient skills acquired, and continuing goals will be provided to the referring physician once the patient completes the program. Patients who complete the program will be eligible for advanced additional training on a yearly basis.



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## I Am Interested In Receiving...

### Diabetes Education\*

#### **PATIENT INFORMATION:**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_

ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

ADDRESS \_\_\_\_\_

PRIMARY CARE PROVIDER \_\_\_\_\_

PHONE \_\_\_\_\_

Complete the form and return to your Primary Care Physician or to Healthy Connections, Inc.

**Healthy Connections, Inc.**

1201 South Mena Street

Phone: 479-437-3449, Ext. 203

Fax: 479-437-3454