

National Standards for Diabetes Self-Management Education

Definition

DSME is the ongoing process of facilitating the knowledge, skill and ability necessary for diabetes self-care. This process incorporates the needs, goals and life experiences of the person with diabetes and is guided by evidence-based standards.

Guiding Principles

1. DM education is effective in improving clinical outcomes and quality of life, at least in the short term.
2. DSME has evolved from didactic to theoretically based empowerment models.
3. There is no one “best” education program or approach; programs incorporating behavioral and psychosocial strategies demonstrate improved outcomes. Culturally and age-appropriate programs improve outcomes. Group education is effective.
4. Ongoing support is critical to sustain progress made by participants during DSME programs.
5. Behavioral goal-setting is an effective strategy to support self-management behaviors.

DSME Standards

1. DSME entity will have documentation of organizational structure, mission statement, goals and will support DSME as integral component of diabetes care.
2. DSME entity will appoint advisory group to promote quality. Must include members from health professions, people with diabetes, the community and other stakeholders.
3. DSME entity will determine educational needs of the target population(s) and identify resources to meet those needs.
4. A coordinator will be designated to oversee the planning, implementation and evaluation of DSME. Coordinator will have academic or experiential preparation in chronic disease care education and in program management.
5. DSME will be provided by instructors that have recent educational and experiential preparation in education and diabetes management or will be a certified diabetes educator. Instructor will obtain regular continuing education in diabetes management.
6. Written curriculum reflecting current evidence and practice guidelines with criteria for evaluating outcomes:
 - Describing diabetes disease process and treatment options
 - Incorporating nutritional management into lifestyle
 - Incorporating physical activity into lifestyle
 - Using medication(s) safely and for maximum therapeutic effectiveness
 - Monitoring blood glucose and other parameters and interpreting and using results for self-management decisions
 - Preventing, detecting and treating acute complications
 - Preventing, detecting and treating chronic complications
 - Developing personal strategies to address psychosocial issues and concerns
 - Developing personal strategies to promote health and behavior change
7. Individual assessment and education plan is developed by participant and instructor to direct appropriate educational interventions and support strategies. Plan must be documented in education record.
8. Personalized follow-up plan for ongoing self management support will be developed collaboratively by participant and instructor. The outcomes and goals and plan for ongoing support will be communicated to the referring provider.
9. DSME entity will measure attainment of patient-defined goals and patient outcomes at regular intervals using appropriate measurement techniques to evaluate the effectiveness of the educational intervention.
10. DSME entity will measure the effectiveness of the education process and determine opportunities for improvement using a written continuous quality improvement plan that describes and documents a systematic review of the entities' process and outcome data.

National Standards for Diabetes Self-Management Education. Diabetes Care. 2007;30:1630-7.

Optimizing glycemic control and improving outcomes in type 2 diabetes
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