

Diabetes Education Program News

Why diabetes education is important

Patients often wonder about what they will learn in a diabetes education appointment or class. Sometimes, they might say that they really aren't interested in talking to a diabetes educator. The benefits of this specialized education are numerous, but are frequently underutilized (Duncan et al., 2009). Several studies have investigated the utility of this intervention and the results are clear: diabetes education and/or counseling yielded a lower A1C and that these patients increased their use of primary and preventive services and decreased the use of acute, inpatient hospital services as compared to controls who did not receive education or counseling

(Duncan et al., 2009).

The American Diabetes Association and the VA/DOD guidelines recognize the role that diabetes self-management education (DSME) plays in helping patients achieve glycemic goals (ADA, 2015, VA/DOD 2010). The ADA further addresses the area of diabetes self-management support, which entails "supporting informed decision making, self-care behaviors, problem solving, and active collaboration with health care providers" to improve diabetes care and outcomes for all people with diabetes (ADA, 2015, S20).

Duncan et al. (2011) found that diabetes self-management education that is delivered in a recognized pro-

gram is associated with lower cost trends in both the Medicare and commercial insurance populations, although those enrolled in diabetes education programs did utilize more outpatient and pharmacy services than did the group that did not participate in education. However, in the long term, the groups that didn't receive diabetes education had a 12% higher average cost than the group that received diabetes self-management education (Duncan, 2009).

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American Diabetes Association (2015). Standards of medical care in diabetes. *Diabetes Care* 38(Supplement), S1-S99. Doi: 10.2337/dc15-S003

Duncan, I., Ahmed, T., Qijian, L., Fitzner, K. (2011). Assessing the value of the diabetes educator. *The Diabetes Educator* 37(5), 638-657.

Duncan, I., Birkmeyer, C., Coughlin, S., Qijuan, L., Sherr, D & Boren, S. (2009). Assessing the value of diabetes education. *The Diabetes Educator* 35(5), 752-760.

Accucheck 360



The glucometer issued and used by our veterans at Central Iowa is the Accucheck Aviva, manufactured by Roche Diagnostics. Recently, Roche updated the Aviva meter and made it "codeless". Therefore, it no longer needs a code chip for each new vial of strips. However, some veterans still have the older version of the

Aviva meter. This meter does require a chip. During the transition between versions, Roche included a new chip in the boxes of new strips. This is no longer the case. There are still veterans who had a large supply of the old strips, and therefore did not get the new chip during the transition. These veterans are now receiving

the codeless strips, but haven't yet received the new chip. Several remedies are available: veterans can contact the number on the Accucheck packaging and request a new chip, the veteran can stop by the Diabetes Education Clinic to obtain a chip, or the provider can order the veteran a new meter.

Meet the Diabetes Education Staff

Diabetes Self-
Management Education
Program
Room 1704

Diabetes Clinical Video
Telehealth Program
Room 1706

515-699-5999 x4255

TAMARA BURKHALTER MSN, RN, CNE

Tamara comes to VA from a full time faculty position in the RN-BSN program at Upper Iowa University. She has practiced in a variety of settings including patient education, case management, utilization review, and has been a Certified Diabetes Educator for a large endocrine practice in the distant past. She is excited to be back in this challenging specialty area. Tamara lives in Altoona, IA, with her husband and sons.

JULIANNE PATTERSON MSN, RN, CDE

Julianne has been at the VA in Central Iowa since 2006. She worked in Primary Care and moved to Diabetes Education in 2008. Her background is primarily ambulatory nursing. Julianne is currently working in a part-time status, and sees veterans at the CBOCs in the Clinical Video Telehealth Program as well as veterans at the Des Moines clinic. She lives in Altoona with her husband and daughter.

WENDY HANSON AAS, HEALTH TECHNICIAN

Wendy has been with VACIHCS and the Diabetes Education Clinic since 2006. Wendy is a knowledgeable resource for the Accucheck meters and the Accucheck 360 program. She provides meter teaching and schedules veterans for class and individual appointments. She is also integral in maintaining data for accreditation. Wendy lives in Indianola with her husband and daughters.

Diabetes Education class schedule

The Diabetes Education Clinic offers several group classes for veterans with diabetes and pre-diabetes.

Clinical Video Telehealth (CVT) appointments are also available for veterans in the CBOC's.

Diabetes Basics: a comprehensive session for veterans newly diagnosed with diabetes or those who have never attended a diabetes education class.

Diabetes Refresher: a course for veterans who have had already attended a diabetes class and who have had diabetes for a number of years and need help managing their disease.

Diabetes Prevention: a class for veterans with blood glucose levels in the pre-diabetes range of 100-125 mg/dl.

Individual appointments are also available for any issues related to diabetes management, pattern management, insulin instruction, and foot care.

Consults may be placed for any of these services.



DIABETES BASICS

PLACE: PCC EDUCATION ROOM 1633
TIME: 9:00 AM-3:00 PM

First and Third Thursdays each month.

DIABETES PREVENTION

PLACE: PCC EDUCATION ROOM 1633
TIME: 12:30 PM-3:30 PM

Second Thursday each month.

DIABETES REFRESHER

PLACE: PCC EDUCATION ROOM 1633
TIME: 9:00-12:00 PM

Fourth Thursday each month

CBOC DIABETES GROUP CLASS

PLACE: MASON CITY, FORT DODGE, CARROLL, & MARSHALLTOWN
CLINICAL VIDEO TELEHEALTH (CVT)
ROOMS
TIME: 10:00 AM - 12:00 PM

A series of 4 classes, held the first four Wednesdays of each month.