

Diabetes Self-Management Education

About



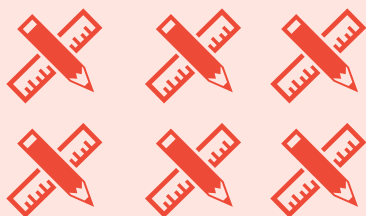
Diabetes self-management education (DSME) is a free program that helps people with diabetes take better care of their health.

Workshops help participants understand diabetes and its risks, as well as the importance of diet, exercise, keeping regular physician exams, receiving annual foot and eye exams managing medications and more. DSME teaches participants how to live healthier in a fun, non-threatening community-based environment. DSME does not conflict with other programs or treatment and participants are referred to their physicians for all medical questions.

Workshop Breakdown



One workshop =



Six sessions



2.5 hours each



One day a week for 6 weeks

Curriculum



Subjects covered include:



Techniques to deal with the symptoms of chronic disease, fatigue, pain, depression and stress



Appropriate exercise for maintaining and improving strength and endurance



Healthy eating



Appropriate use of medication



Making action plans



Working effectively with health care providers



Problem Solving



Setting up a workshop is as easy as...

1

SECURE A LOCATION

Find a meeting space large enough for up to 20 people.



Lunch rooms, conference rooms and waiting rooms work great!

2

RECRUIT PARTICIPANTS

Sign up 15-20 Medicare beneficiaries with prediabetes or diabetes.



A minimum of eight people are required to hold the class.

3

SPREAD THE WORD

Let folks in your community know about the workshop.



Post flyers, send out invitations and tell your local newspaper.



Ready to host a workshop?

Great! Let us know and we will schedule two dedicated leaders to facilitate all six sessions. We will help you plan and get the right resources.

Wanted: Workshop Leaders!

Leaders are enthusiastic about good health and want to share that with others. Sound like you? Lay people, caregivers and staff are encouraged to contact us about training.



www.medicare.qualishealth.org

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