

Diabetes Self-Management Education and Support for Adults with Type 2 Diabetes: ALGORITHM of CARE

ADA Standards of Medical Care in Diabetes recommends all patients be assessed and referred for:



FOUR CRITICAL TIMES TO ASSESS, PROVIDE, AND ADJUST DIABETES SELF-MANAGEMENT EDUCATION AND SUPPORT

1

AT DIAGNOSIS

2

ANNUAL
ASSESSMENT
OF EDUCATION,
NUTRITION, AND
EMOTIONAL NEEDS

3

WHEN NEW
COMPLICATING
FACTORS INFLUENCE
SELF-MANAGEMENT

4

WHEN
TRANSITIONS IN
CARE OCCUR

WHEN PRIMARY CARE PROVIDER OR SPECIALIST SHOULD CONSIDER REFERRAL:

Newly diagnosed. All newly diagnosed individuals with type 2 diabetes should receive DSME/S
Ensure that both nutrition and emotional health are appropriately addressed in education or make separate referrals

Needs review of knowledge, skills, and behaviors
Long-standing diabetes with limited prior education
Change in medication, activity, or nutritional intake
HbA_{1c} out of target
Maintain positive health outcomes
Unexplained hypoglycemia or hyperglycemia
Planning pregnancy or pregnant
For support to attain or sustain behavior change(s)
Weight or other nutrition concerns
New life situations and competing demands

CHANGE IN:

Health conditions such as renal disease and stroke, need for steroid or complicated medication regimen
Physical limitations such as visual impairment, dexterity issues, movement restrictions
Emotional factors such as anxiety and clinical depression
Basic living needs such as access to food, nancial limitations

CHANGE IN:

Living situation such as inpatient or outpatient rehabilitation or now living alone
Medical care team
Insurance coverage that results in treatment change
Age-related changes affecting cognition, self-care, etc.