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CDE/Peer Educator Partnership

Our Patients Deserve the Best of Everything!

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Diabetes Education

DSMT/DSME is an interactive, ongoing process involving the person with diabetes (or the caregiver or family) and a diabetes educator(s). The intervention aims to achieve optimal health status, better quality of life and reduce the need for costly health care.


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Diabetes Education


Diabetes education focuses on seven self-care behaviors that are essential for improved health status and greater quality of life.

 **The AADE7**


- Healthy eating
- Being active
- Monitoring
- Taking medication
- Problem solving
- Healthy coping
- Reducing risks

 **Diabetes Educator**


Diabetes educators are healthcare professionals who focus on educating people with and at risk for diabetes and related conditions achieve behavior change goals

 **Level 1:
Non-Healthcare Professionals**


- No clinical background
- Work with people with diabetes in clinical environments
- No progression to further levels

 **Level 2 Healthcare Professional
Non-Diabetes Educator**

- Clinicians who care for persons with diabetes but who have not received specialized training in diabetes disease management
- May or may not progress to future levels. This is the entrance point to the specialty field of diabetes education

 **Level 3 Non-Credentialed
Diabetes Educator**

- Clinician with several years of experience in the delivery of diabetes education
- Not credentialed and continues to gain knowledge and skill through preparation and practice

 **Level 4 Credentialed Diabetes
Educator**

- Credentialed diabetes educators meet the academic, professional, and experiential requirements established by the certification Board
- Competency in diabetes education or management is validated by means of written examination


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Level 5
Advanced Level Diabetes
Educator/Clinical Manager

- Advanced/expert diabetes educators
- At this level, the educator models and mentors others in clinical and program management skills


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Project Dulce Peer
Educator



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Project Dulce Peer Educator

- Peer educators play a KEY role in the diabetes care team. They....
 - lead group culturally competent education
 - serve as patient advocates
 - motivate patients to change behavior
 - link between the health care system

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Project Dulce Peer Educator

- Communicate in the language of the people
- Recognize and incorporate cultural buffers (traditional health practices, spiritual coping)
- Bridge between traditional cultures and institutional health system
- Live in the communities in which they work

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Project Dulce Peer Educator

- Reinforce instructions given by medical provider
- Support self-management efforts
- Link individual to the health system

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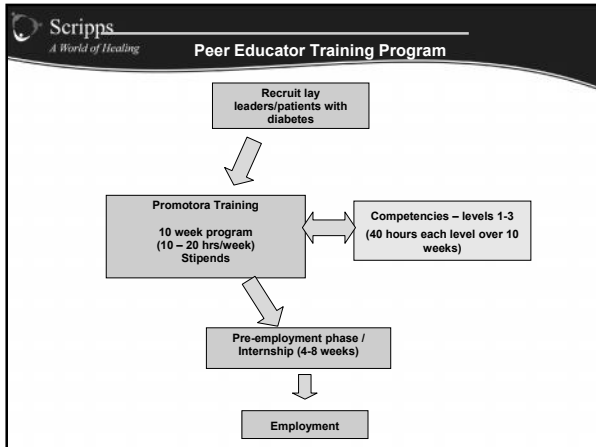
Project Dulce Peer Educator
Training

- Basic understanding of diabetes
- Scope of practice
- Goal setting
- Community and clinic resources
- HIPPA regulations
- Biohazard waste management
- Job specific protocols - home visits, patient follow-up, data collection, communication with team

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Project Dulce Peer Educator Training

- Advocacy, community resources
- Dealing with difficult situations in the classroom
- Dealing with medical emergencies
- Documentation and evaluation
- Recruitment, retention, follow-up
- Presentation skills
- Facilitating support groups; event planning





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Care Coordination: The Peer Educator Role


Weekly Phone Contact

- * Engaging the Patient
- * Reporting Clinical Information
- * **Medication Reconciliation**
- * Reduce Self Care Barriers
- * Diabetes Self Management Education



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Curriculum



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Diabetes Among Friends Curriculum

- 8 week sessions
- 2 hrs. each session
- Didactic
- Interactive
 - visuals
 - models, handouts
 - activities
 - relaxation, chair dancing
- Class evaluations; behavior change tool



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Universal Materials (in 8 languages)

- English
- Spanish
- Laotian
- Vietnamese
- Arabic
- Chinese
- Tagalog
- Somali

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Community Health Worker

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Community Health Worker

- Empower Participant to Overcome Barriers
- Linkage to Resources
- Assist Family With Diabetes Prevention

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Team Roles

<p>Project Manager/ RN, CDE</p> <ul style="list-style-type: none">• Hospital Visits• Assessment• Referral• Initiate Plan of Care with Participant	<p>Peer Educator</p> <ul style="list-style-type: none">• Ongoing Patient Follow up and Medication Reconciliation• Diabetes Education (Home, Community, Clinic)• Participation in Plan of Care	<p>Community Health Worker</p> <ul style="list-style-type: none">• Links participant to social service or benefit programs• Works with family on diabetes Prevention Plan
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