



# Baptist Health Diabetes Treatment & Management

The Diabetes Self Management Education and Support Services (DSMES) provides comprehensive education for patients and their family members. This program was designed for patients with a new diagnosis of diabetes and for those who have had diabetes for many years. The staff provides individual and group education to empower patients to control their blood sugars and to prevent complications.

Baptist Health Medical Center-Little Rock	501-202-1877	501-202-1209 (fax)	Inpatient and Outpatient
Baptist Health Medical Center-North Little Rock	501-202-3701	501-202-3705 (fax)	Inpatient and Outpatient
Baptist Health Medical Center-Heber Springs	501-887-3276	501-887-3277 (fax)	Inpatient and Outpatient

## Do you know someone who needs support managing their diabetes?

- New diagnosis of diabetes or elevated HgbA1C
- Recent change in medication
- Insulin resistance, complications of diabetes
- Confusion or difficulty with diet?

- Strategies to avoid diabetes complications
- Share information about new monitoring technologies
- Coping with stress of chronic disease
- Exercising safely
- Diabetes and pregnancy
- Nutrition to reach glucose targets

## Benefits of the Program

Studies show that DSMES not only reduces overall health costs but also improves health outcomes.

## Comprehensive Instruction

Education is the cornerstone of diabetes treatment. The Baptist Health program is certified by the American Diabetes Association and complies with their high standards. Patient mastery of topics is assessed pre and post-program. A summary of the patient's progress is sent to the referring provider. Staff provides instruction in the following subjects:

- Why diabetes occurs
- Treatment and prevention of high and low blood glucose

## Gestational Program

Staff provides instruction in the following subjects:

- Review reasons for gestational diabetes
- Discuss goals of treatment and preventing complications,
- Instruct in using a glucometer to monitor blood glucose
- Provide a gestational consistent carb meal pattern and teach counting carbohydrates

Based on the most recent 2022-2023 data, patients who participated in the Baptist Health Diabetes Self-Management Program were able to reduce their HgbA1c by an average of 1.5 points.



# Baptist Health

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## **Before attending the program:**

Insurance requires a provider's referral in order to pay for the program. That referral should come from the provider who treats your diabetes. You may ask your provider for a referral, or you can call us and we will request a referral. We will notify the referring provider about your attendance and completion of the course.

Please call us so we can help provide you the necessary information that your insurance company needs to determine your coverage for diabetes education. Most insurance companies will cover some part of the cost, but you need to know exactly what your insurance will pay. You must bring your insurance card and driver's license to the appointments.

If you do not have a glucometer, our department can provide one and teach you how to use it. Please call your insurance to learn which brand of glucometer and test strips they cover so we can provide the right one. If you already own a glucometer, bring it with you.

## **The Diabetes Self Management Education and Support Services is accredited by the American Diabetes Association and consists of 4 parts.**

### **INITIAL ASSESSMENT APPOINTMENT (1 HOUR)**

You will meet with a diabetes educator who will explain how diabetes affects the body and how to avoid complications. You will discuss hypoglycemia, the results of hyperglycemia, glucose goals and recommendations, medications, preventing complications, disease progression and general nutrition.

### **NUTRITION APPOINTMENT (1 HOUR)**

You will meet with a registered dietitian. We encourage you to ask questions. The educator will reinforce information from the previous appointments and introduce meal planning using food models and visual displays.

### **FIRST CLASS (2 HOURS)**

You will attend a group class with no more than 10 people. We encourage class members to ask questions and to participate. The instructors will reinforce information from the previous appointments and introduce new topics.

### **FINAL CLASS, PUTTING THE PIECES TOGETHER (2 HOURS)**

You have the opportunity to exercise, at your individual fitness level, using our exercise equipment. You will bring your glucometer and test your blood sugar before and after exercise to observe how activity affects blood sugar. After the exercise portion, you have a chance to discuss difficulties or successes you've had applying what you've learned. We will provide a list of community resources you can use to continue managing your diabetes after you complete the program.