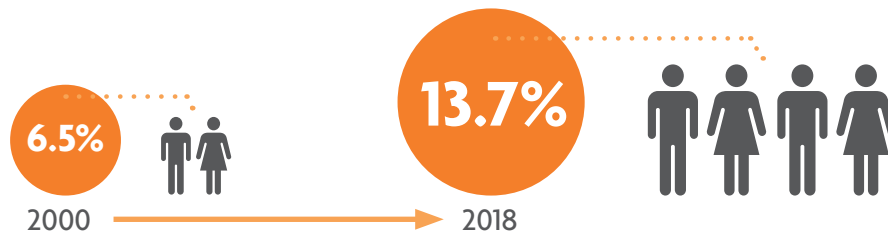


Helping Patients with Diabetes Succeed



In Kentucky, from 2000 to 2018, the percentage of adults with diabetes has doubled from 6.5% (198,052) to 13.7% (474,456). Kentucky ranks eighth-highest in the U.S. for the prevalence of diabetes.



Not only is diabetes a major cause of blindness, renal failure and loss of limbs, but diabetes also increases the risk of cardiovascular disease and accounts for a significant amount of the overall healthcare costs.

- A diagnosis of diabetes can be presented as a means for enabling action
- Individuals with diabetes typically need support to make required lifestyle changes
- Additional support helps individuals remain motivated and prevent a relapse to old habits

Diabetes is a complex disease that challenges both patients and providers to manage on a daily basis. Ongoing conversation increases the likelihood patients will adhere to recommendations.

(continued on next page)

Quality care is a team effort.
Thank you for playing a starring role!





The American Diabetes Association (ADA) recommends provider/patient conversations in regards to diabetes foster a sense of collaboration between you and your patient and includes language that is:

- ✓ Neutral, nonjudgmental and based on facts, actions or physiology in terms your patient can understand
- ✓ Respectful, inclusive and encourages
- ✓ Void of any stigma
- ✓ Patient-centered



The Association of Diabetes Care and Education Specialists (ADCES) suggests telling patients with diabetes:

- ✓ Their diagnosis is not their fault. Diabetes is caused by many factors.
- ✓ Increasing activity levels helps.
- ✓ There is no need to panic. There are ways to decrease the risks of complications.
- ✓ Managing diabetes is important. Perhaps suggest a referral to an endocrinologist and/or diabetes educator.
- ✓ There is no need for “special” foods.
- ✓ They are not alone.



The American Diabetes Association has come out with its 2021 Standards of Medical Care in Diabetes.

It is intended to provide the “components of diabetes care, general treatment tools to evaluate the quality of care.” Although not intended to “preclude clinical judgment and must be applied in the context of excellent clinical care, with adjustments for individual preferences, comorbidities, and other patient factors,” the resource provides guidelines for diabetes care. The guidelines can be reached through the link below:

https://care.diabetesjournals.org/content/44/Supplement_1



WellCare is here to help. We have a Diabetes Disease Management Program and can help your patients connect to a Diabetes Self-Management Education and Support Program (DSMES). Give our Care Managers a call at 1-866-635-7045, Monday-Friday from 8 a.m. to 7 p.m. Eastern Time. You can also refer patients to Good Measures®. Complete the secure referral form on goodmeasures.com/physicians or download the form and fax it to Good Measures at 617-507-8576. Members can visit: wellcareky.goodmeasures.com (Medicare) OR wellcarehealthky.goodmeasures.com (Medicaid).

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