

# Stay up to date with VGH Diabetic Education



**Did you know?** Physical activity often improves glucose control and has multiple other health benefits, such as improving heart health even if weight and glucose control don't change.

## Updated Diabetes Information:

As of 2/6/2023,

Iowa Medicaid has removed the once-in-a-lifetime limitation previously in place for diabetic education. Eliminating the limitation allows for Medicaid members to receive timely supplementary education to manage their diabetes.

### Need for action:

Of the qualifying ~7,000 patients currently living with diabetes in our area, **less than 4%** are referred to a diabetic education program

Diabetic educators can help clinics meet quality metrics (such as eye exams/A1c follow-up), reduce recurrent hospitalizations, help patients take better control of their diabetes, and help keep their patients closely monitored by a qualified health care professional within our organization

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### Critical Time Points:

There are four critical points when the need for Diabetes Self-Management Education (DSME) should be evaluated, with referrals made as needed:

1. Any diabetes diagnosis
2. Annually and/or when not meeting treatment goals
3. When complicating factors (health conditions, physical limitations, emotional factors, or basic living needs) develop that influence self-management)
4. When transitions in life and care occur

### Program Updates:

The VGH Diabetes Self-Management Education (DSME) program has averaged a 1.8 point decrease for patients who completed the program. Plus, all patients who completed the program have had an A1c decrease.

100% of participants have achieved their planned behavioral goal



### Updated Continuous Glucose Monitoring (CGM) information:

- ◆ 4 times per day daily injections are no longer required for CGM qualification
- ◆ Inhaled insulin administration can now be covered for a CGM
- ◆ A non-insulin diabetic patient can qualify for a CGM if they meet certain criteria
- ◆ Can be considered/utilized in skilled & long term care facilities who are at risk for hypoglycemia in older adults
- ◆ CGM's are now cleared for pregnant women, including gestational diabetics
- ◆ Some models are approved for children as young as 2
- ◆ Can improve glycemic control in patients resulting in a better understanding of glucose fluctuations, less hypoglycemic episodes, easier to manage meal time glucose, and real time glucose management

Contact Sara Wattnem, VGH dietitian/diabetic educator, at 319-472-6254 or your PCP for more information