

September 2009

Sweet Nothings

Volume III, Issue 9

ADA FAQ'S

You Have ADA Recognition. Now What?

- It is the responsibility of the program to maintain the National Standards for Diabetes Self Management Education and the Education Program Recognition criteria at all times during the recognition period.
- It is the responsibility of the program to display the Concerns Poster (which is sent with the certificate) in an area at the Program location where program participants can see it. This poster provides contact information for the ADA Education Recognition staff so patients who have concerns about the education they receive can contact ADA.

Who May Refer a Patient to Our Program?

- Any practicing primary care provider may refer a patient for DSME.
- ONLY an MD may refer a patient for MNT.

Who Are "Instructional Staff" and Who Else Can Provide DSME?

- Instructional Staff is defined as "experienced, skilled, in a CDE eligible health profession (a health professional who has the academic credentials to sit for the CDE exam*) who works with the client in the process of DSME".
- Although a multi-disciplinary staff is still encouraged, the required instructional staff is at least **I RD OR I RN OR I Pharmacist**. Other instructional staff members must be individuals with academic credentials for CDE-eligibility and may qualify as instructional staff only in addition to one of the above disciplines. **(*Please contact NCBDE for CDE-eligibility requirements at www.ncbde.org or at 847-228-9795)** The options for "other staff" on the application are Behaviorist, Exercise Physiologist, Physician, Physician's Assistant, Podiatrist, Social Worker, and Other.
- The Instructional Staff performs the assessment, educational intervention, evaluation and follow-up of the DSME program participants.
- Temporary Instructional Staff – Individuals who fill in for a regular instructional staff member on a temporary basis, up to but not more than 4 consecutive months. If the instructional staff member fits this definition, that instructional staff member does not have to be a CDE, BC-ADM or need to accumulate the continuing education credits as dictated by the 7th edition criteria. While some new staff may be hired as qualified instructional staff, others may need orientation and may be classified in the temporary staff category while on orientation. **Temporary staff should not be included on the application, which means there has to be other qualified instructional staff in place.**

What About Using Health Educators?

ADA considers most health educators to be "resource persons." If your health educator is NOT CDE-eligible, then the following rule applies.

- Resource person: A resource person is someone who teaches less than 10% of your total program and only in the subject matter of the resource person's area of expertise. The qualified instructional staff is still responsible for content taught by the resource staff and oversees the work of the resource staff. Resource staff is not required to meet criteria for qualifying as instructional staff, i.e. certification or CEUs. They should also not be listed on the application.

More to come in future newsletters.....

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Remember



Data reports and PDSAs are due the 5th of each month.

Data Update

August, 2009

Total Number of Patients Seen: 706
 New Patients: 28 in July
 Pre A1c: 8.0%
 Post A1c: 7.0%
 Foot Exams: 59%



Melinda's Medication Moment

Submitted by: Melinda Rummage, RN, CDE

Welchol (colesevelam hydrochloride): It is a bile acid sequestrants and blocks glucose absorption. Welchol is a medication that is used to lower blood glucose and LDL (bad cholesterol). It is used with patients who have diabetes type 2 and is used in combination with diet and exercise.

Your physician may prescribe Welchol together with certain other type 2 diabetes medicines to help control blood glucose. When added to Metformin, a sulfonylurea, or insulin, Welchol further reduces blood glucose levels.

Welchol can also be prescribed alone or with other cholesterol-lowering medications to lower LDL-C. When used with a statin, Welchol helps lower LDL-C more than a statin alone.

Recommended dose is 6 tablets (3750mg) once daily or 3 tablets twice daily. It should be taken with a meal and liquid. Your liver or kidneys are not needed to make Welchol work or to remove Welchol from your body. Taking Welchol as prescribed by your physician gives you an opportunity to help reach your blood glucose and/or LDL-C goals.

It should not be used in patients with a history of bowel obstruction, pancreatitis, or has a serum triglyceride concentrations >500 mg/dl. Adverse events include constipation.

Information obtained from www.welchol.com

Eli Lilly to Stop Producing Humulin®

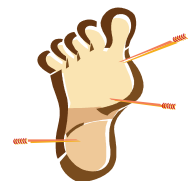
After careful consideration, Eli Lilly and Company has decided to stop producing Humulin® 50/50. Use of this insulin has been declining and it is estimated that about 3000 patients nationwide will be impacted by this discontinuation. The insulin Humalog 50/50 is still available.

For more information, please view the patient information sheet at

http://www.diabetesincontrol.com/images/issues/issue_481/50-50%20discontinued.pdf

Foot Exam Flow Sheet

This is a great tool to use as a reminder for you to do a foot exam each time you see the patient. It can be used to motivate your patient to better self-care as they can see the progression of their neuropathy.



American Association of Diabetes Educators Releases New Position Statement

The American Association of Diabetes Educators released a new position statement to help guide diabetes educators on how to help older adults with diabetes. The position paper, "*Special Considerations in the Management and Education of Older Persons with Diabetes*," is now available.

Read the full position statement here:

http://www.diabetesincontrol.com/images/issues/issue_481/specialconsiderationsandmanagofolderadults.pdf



H1N1 and Seasonal Influenza

Submitted by Laura Edwards, RN, MPA

Influenza, also known as the flu, is a contagious respiratory disease caused by viruses. There are several varieties of flu. Currently, North Carolina has both [seasonal flu and H1N1 flu cases](#). Every year, between 1,000 and 2,000 people die of seasonal influenza and pneumonia in North Carolina.

Usually spread when infected people cough or sneeze, flu can spread rapidly in a community unless people take precautions. **Flu vaccine helps protect people from seasonal flu**, and simple precautions, like frequent handwashing and covering one's mouth and nose when one coughs or sneezes, can help prevent the spread of all types of flu.

- **Novel influenza A (H1N1) virus is still with us.** While the headlines and the television chatter about this virus may have quieted down, H1N1 has not gone away.
- **H1N1 can be dangerous for a person with an underlying medical condition—such as asthma or diabetes**—or if you're pregnant. So far, it has been most contagious among children and young adults age six months to 24 years old. **Health care workers**, emergency responders, and people caring for infants **should be on guard**.
- Though we will not know the impact of H1N1 in advance, scientists believe the virus could worsen when schools start to open. In addition, unlike years past, it is possible we might be dealing with both this new H1N1 and the seasonal flu.
- **Preparation for the flu has already begun.** The federal government is actively engaged in combating the spread of H1N1. Scientists at the National Institutes of Health, the Centers for Disease Control, and the Food and Drug Administration are working on an H1N1 vaccine and expect to have it ready to distribute by mid-October.
- Federal scientists are also working with vaccine manufacturers to make sure that the vaccine is safe, and that the flu has not changed in ways that would make the new vaccine ineffective.
- The Department of Health and Human Services is distributing funds to states, tribes and territories, to support a new vaccination campaign and help hospitals prepare for a surge of patients if an outbreak hits their community.
- **Everyone can take some very basic actions to help stop the spread of flu** Wash your hands with soap and water. Cough into your elbow or sleeve or into a tissue, not your hands. Stay home if you are sick. **Get a seasonal flu shot.**
- **There are resources available to help you learn how to prevent the flu.** Go to www.flu.gov. You will find information on flu.gov to prepare for, prevent, and respond to an outbreak. It includes checklists and fact sheets that families and communities can use to ensure they are prepared.

Source: <http://www.epi.state.nc.us/epi/gcdc/flu.html>

Carb Counting Quiz

Today at IHOP there was a stack of 14-6" buttermilk pancakes on the flyer that promoted the all you can eat pancakes for only \$4.99. If a patient was to eat all 14 of those 6" buttermilk pancakes, how many grams of carbs would that be?

- A: 210 (14 servings!!)
- B: 310 (20 servings!!)
- C: 410 (27 servings!!)
- D: 510 (34 servings!!)

(Answer is on page 4)





Taco Soup

Makes 16 cups



Ingredients:

- 1 can black beans
- 1 can kidney beans
- 1 can pinto beans
- 1 can chick peas
- 2 cans of whole kernel corn
- 2 cans canned tomatoes with chilis
- 1 pack of frozen mixed chopped onion and green pepper
- 1 packet of taco seasoning
- 1 packet hidden valley ranch dressing mix
- 1-2 cups water depending on desired soupiness

Directions:

- Mix all ingredients in 5-6 qt crockpot.
- Add as much water as desired.
- Cook on low all day (8-12 hours).
- Serve with shredded cheddar cheese.

Nutritional Data: For a 1 cup serving size

- Cal: 206
- Pro: 9 g
- Carbs: 29 g
- Fiber: 7g
- Fat: 7g
- Sodium: 401mg

Answer to Carb Counting Quiz on Page 3

B: there are 22g of carbs per 6" buttermilk pancake.

Remember that all you can eat, doesn't mean all you should eat.

Remember to consider your meal plan before you jump on a "deal." You may end up paying much more for that meal if your blood sugar goes too high.

Check it out at http://www.calorieking.com/foods/calories-in-pancakes-buttermilk-prepared-from-recipe_f-Y2lkPTkzNzAmYmlkPTEmZmlkPTE0NzcyMyZlaWQ9NDU2MTM4MTA4JnBvcz0yJnBhcj0ma2V5PXBhbmNha2Vz.

Html



RESOURCES

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Providing Quality Comprehensive Diabetes
Self-Management Education to Empower
Persons With Diabetes

www.ncdiabetes.org



Ralph soon encountered one of the undocumented safety hazards of Ed's blood glucose testing.

www.diabeteshealth.com

Resources for food/calorie calculators

www.webmd.com/diet/healthtool-food-calorie-counter
www.calorieking.com

Tools, calculators and guides such as BMI, target heart rate, weight maintenance calories, exercise calories, etc.

<http://www.calorieking.com/tools/>

Information about H1N1 (Swine Flu) for people with diabetes

http://www.cdc.gov/diabetes/news/docs/swine_flu.htm

A cool tool: Know Your A1c is a chart that shows your A1c and how it relates to your average blood sugars.

http://www.diabetesincontrol.com/issues/Issue_478/Thermometer_Sheet_90725C_Final_9-19-08.pdf

This questionnaire can help patients identify their concerns before they visit your practice to make better use of your time and provide better care for your patients.

http://www.diabetesincontrol.com/issues/Issue_479/identify_concerns.pdf

Splenda: Order free samples and educational materials for your patients at www.SplendaProfessional.com.

Bayer: Help your patients save up to \$360 per year on diabetes test strips. www.BayerSimpleSaver.com or 866-829-1457.

Diabetes Supplies: American Diabetes Wholesale is a discount mail order company committed to satisfying customers who are insured, those who do not have adequate insurance coverage, pay out of pocket or have no insurance. www.AmericanDiabetesWholesale.com or 877-241-9002.

Continuing Education

Factors Affecting Blood Glucose Monitoring: Sources of Errors in Measurement

www.journalofdst.org/continuingeducation.html

NetCE, Continuing Education Online: Online special offer. Earn 35 CE credit hours for \$39. Includes topics such as diabetes, obesity and eye disorders. www.NetCE.com/AADE or 800.232.4238.

Providing Culturally Competent Care to the Latino Patient. Charlotte AHEC.

10/13/09 8:30 a.m. - 12:45 p.m.

http://www.charlotteahec.org/ce/program_schedule/details.cfm?EventID=27028

All About Insulin: A Hands on Approach. Mountain AHEC

10/18/09 9:00 a.m. - 4:15 p.m.

<http://www.mahec.net/calendar/detail.aspx?eid=2229536&parentID=0>

The Adult Diabetic Patient. Southern Regional AHEC

11/17/09 9:00 a.m. - 4:30 p.m.

<http://www.aheconnect.com/registration/srahec/eventdetail.asp?EventID=27199>