

Conversation Map tools for home health population as a diabetes self-management education and support (DSMES) curriculum

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Abstract

Home health diabetes self-management education and support (DSMES) is tailored to the needs of people with diabetes (PWD). A recent survey of PWD receiving home health services indicated that 56% had not received a plan for managing their diabetes from primary care providers. Only 26% of PWD received a plan for managing their diabetes upon hospital discharge. In addition, 86% of PWD received two hours or less of diabetes education in the past 12 months. Of the ADCE7 Self-Care Behaviors, PWD identified taking medication and monitoring as the most important aspects of managing their diabetes (4). This poster presents survey results assessing home health DSMES needs for both PWD and their home health nurses. Included is a description of home health *Conversation Map* tools that support ADCE7 self-care behaviors intended to increase PWD knowledge and confidence in DSMES.

DSMES and home health

Twenty-five percent of people receiving home health services at CenterWell Home Health have diabetes (1). DSMES is incorporated into the plan of care for all PWD receiving home health services. Additionally, DSMES aligns with endocrine medication management, teaching, and assessment (MMTA), which is part of the Patient-Driven Groupings Model (PDGM) and other payer models (2).

DSMES delivery

At CenterWell Home Health, 69% percent of diabetes care is performed by professional clinicians (e.g., RN, PT), and 31% by paraprofessionals (e.g., LPN/LVN, PTA) (Figure 1). Therapists (e.g., PT, OT, ST) perform 52% of visits per episode, nurses (e.g., RN, LPN/LVN) perform 23% of visits per episode, and other clinicians perform 25% of visits per episode (3) (Figure 2). Each PWD indicates their confidence level in managing their diabetes at start of care and discharge (3) (Figure 3). Goals of DSMES include increasing PWD confidence level with activation, empowerment, and engagement with Activities of Daily Living (ADLs), person-centered education, and communication among the patient, family, and physician and/or advanced care practitioner.

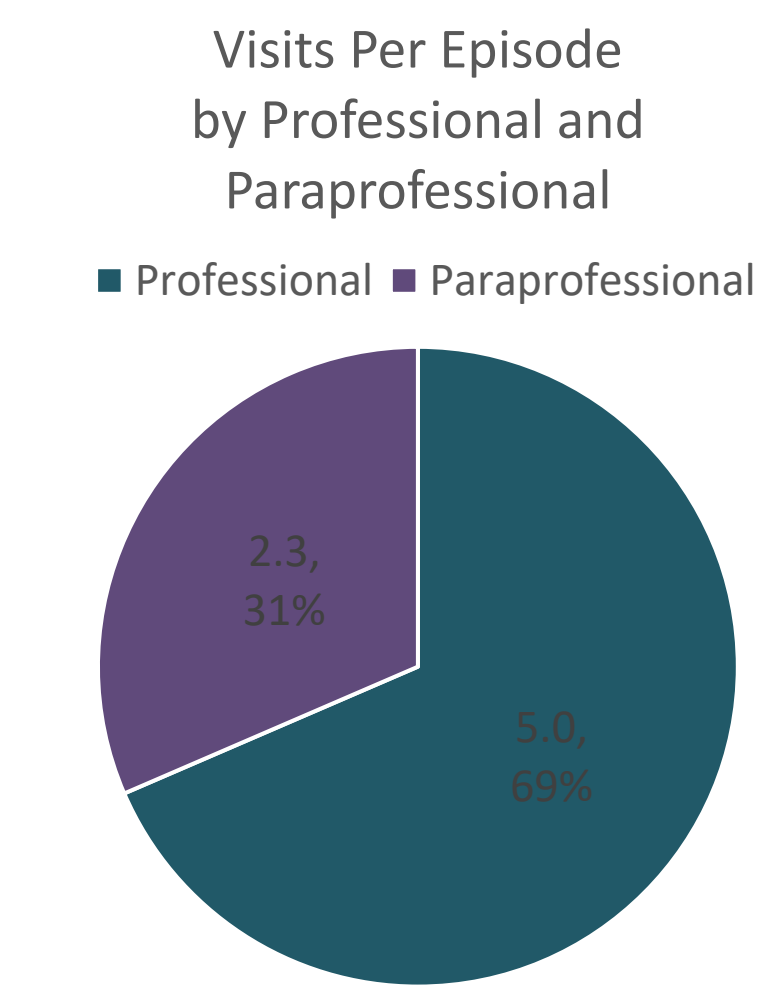


Figure 1

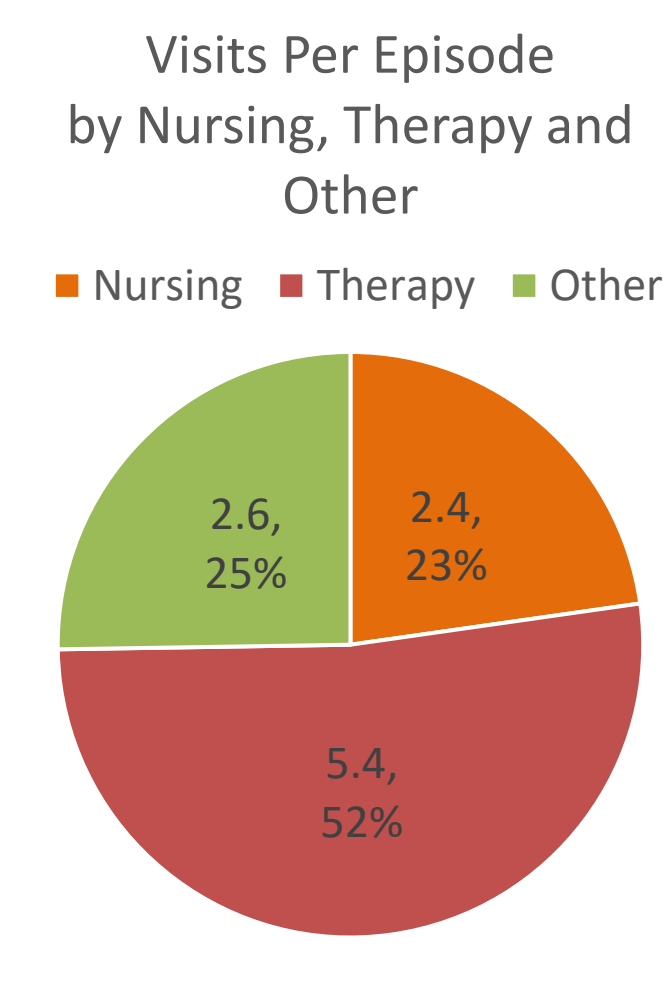


Figure 2

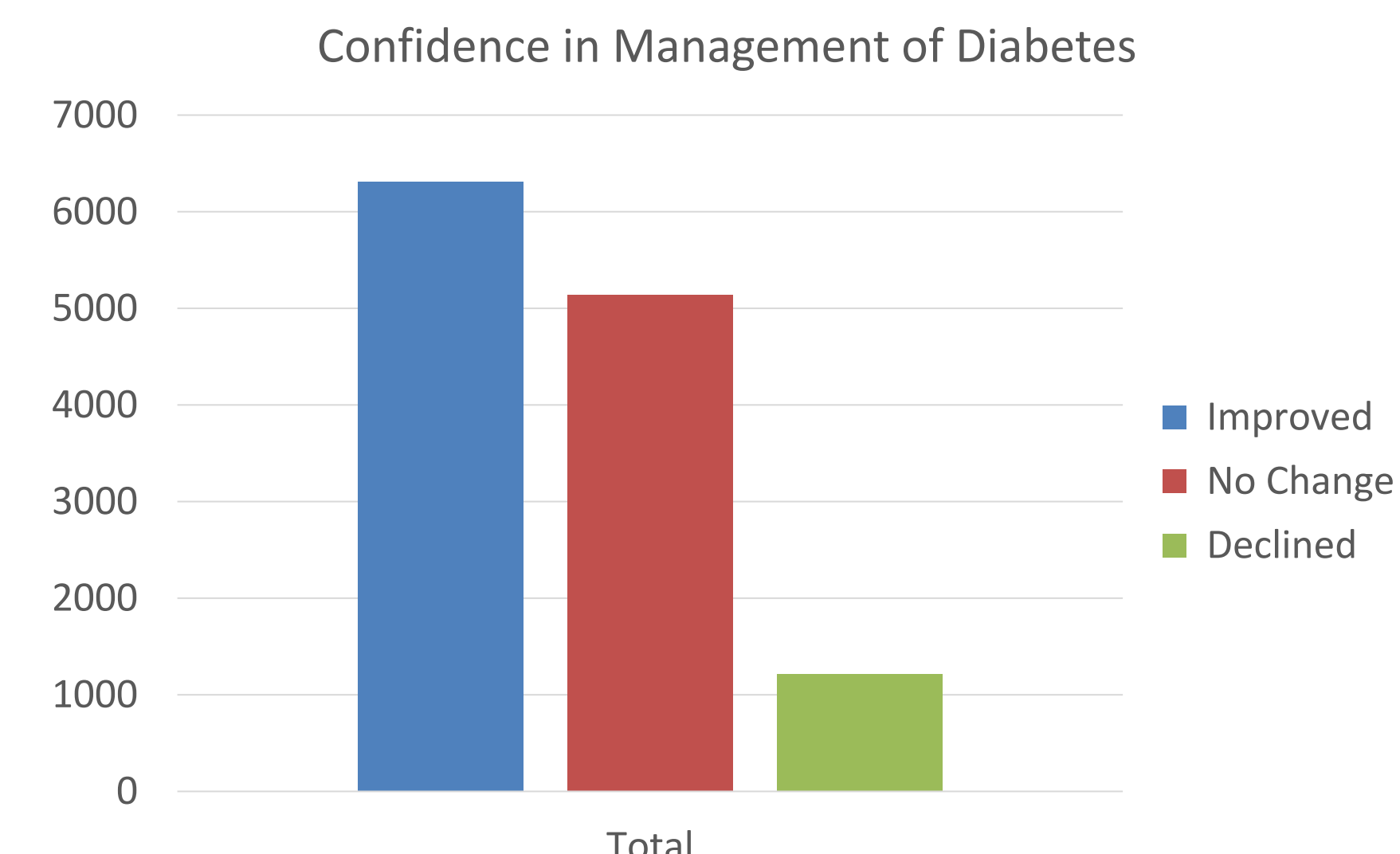


Figure 3

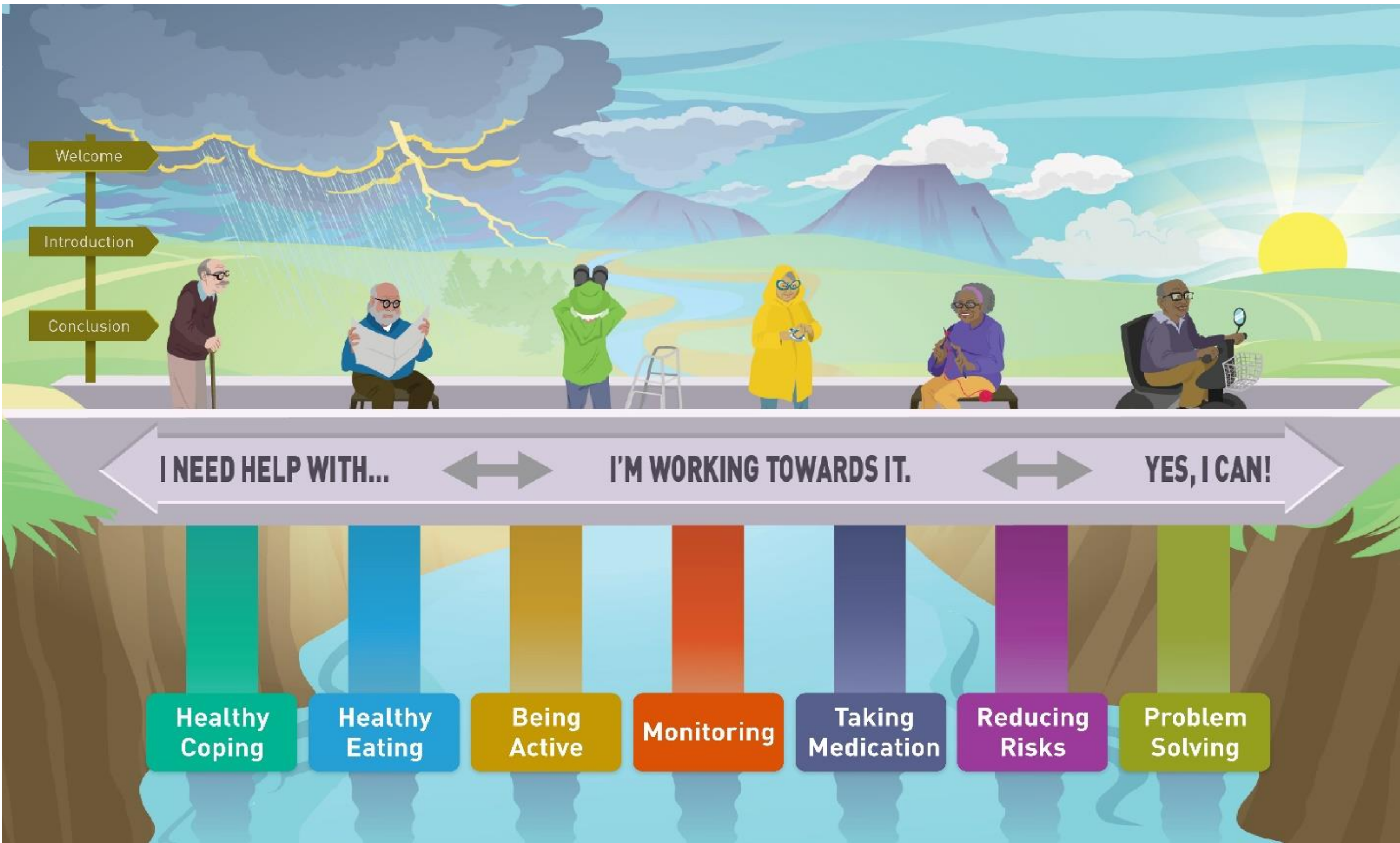


Figure 6

DSMES needs of PWD

The home health DSMES 2020 survey was conducted to assess the needs of PWD and their clinicians (4). The results of the survey contributed to the development of a *Conversation Map* tool that aligns with the Daily Difference with Diabetes (DDD) program goals and objectives. The mission of the DDD program is to guide PWD to reach optimal outcomes with a superior standard of care consisting of evidence-based clinical interventions and engaging strategies that encourage confidence, empower self-management and promote self-efficacy.

DSMES survey results

Of the ADCE7 Self-Care Behaviors, PWD identified taking medication, monitoring, and risk reduction as the most important aspects of managing their diabetes (4) (Figure 4). Nurses indicated that PWD most frequently ask questions related to: 1) monitoring blood glucose; 2) healthy eating; and 3) taking medication (4) (Figure 5).

Development of Conversation Map tools

The Daily Difference with Diabetes (DDD) Conversation Map tool was developed in an effort to standardize DSMES delivery and the PWD experience. The tool aligns with the ADCE7 self-care behaviors to increase knowledge and confidence in DSMES (Figure 6).

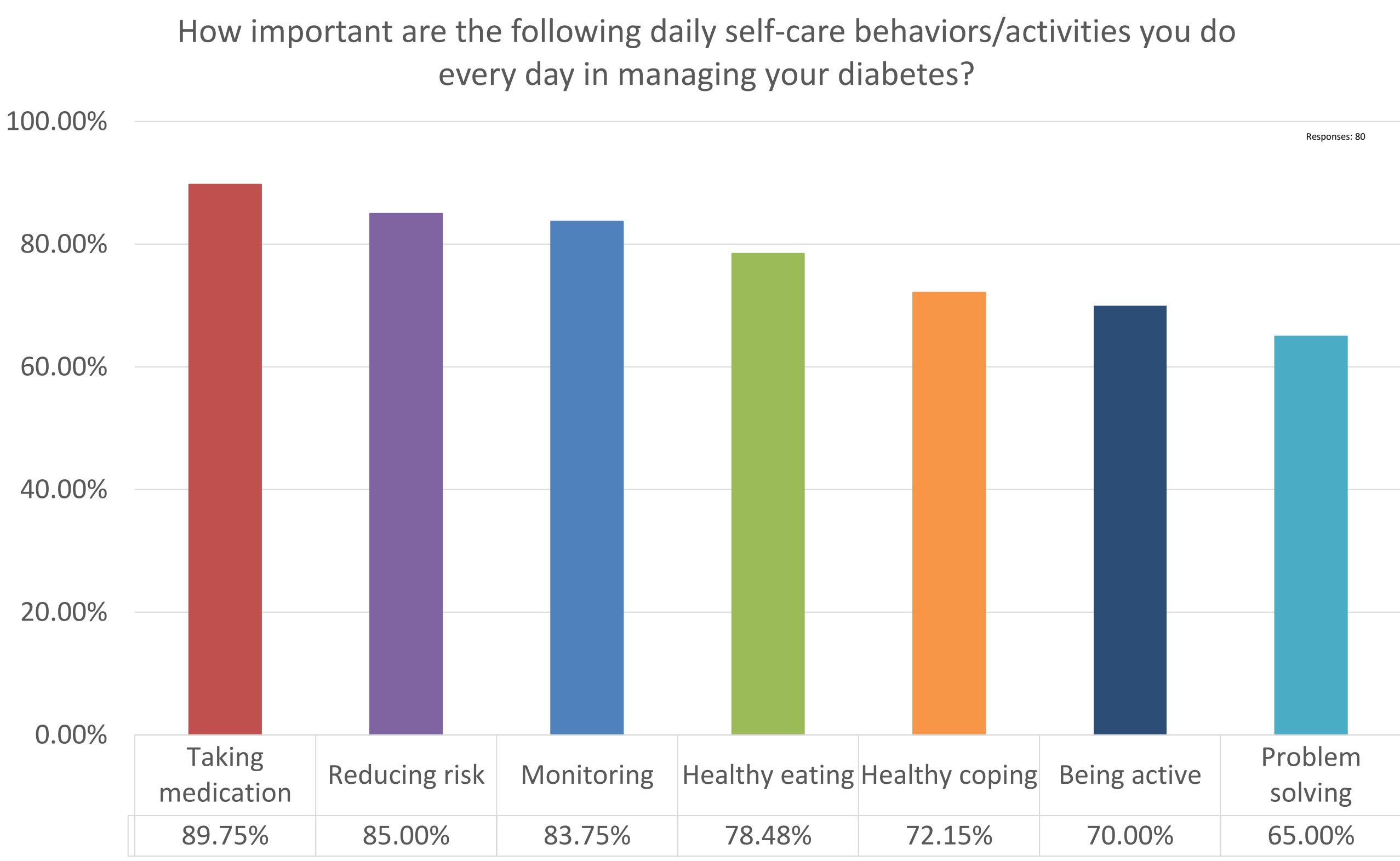


Figure 4

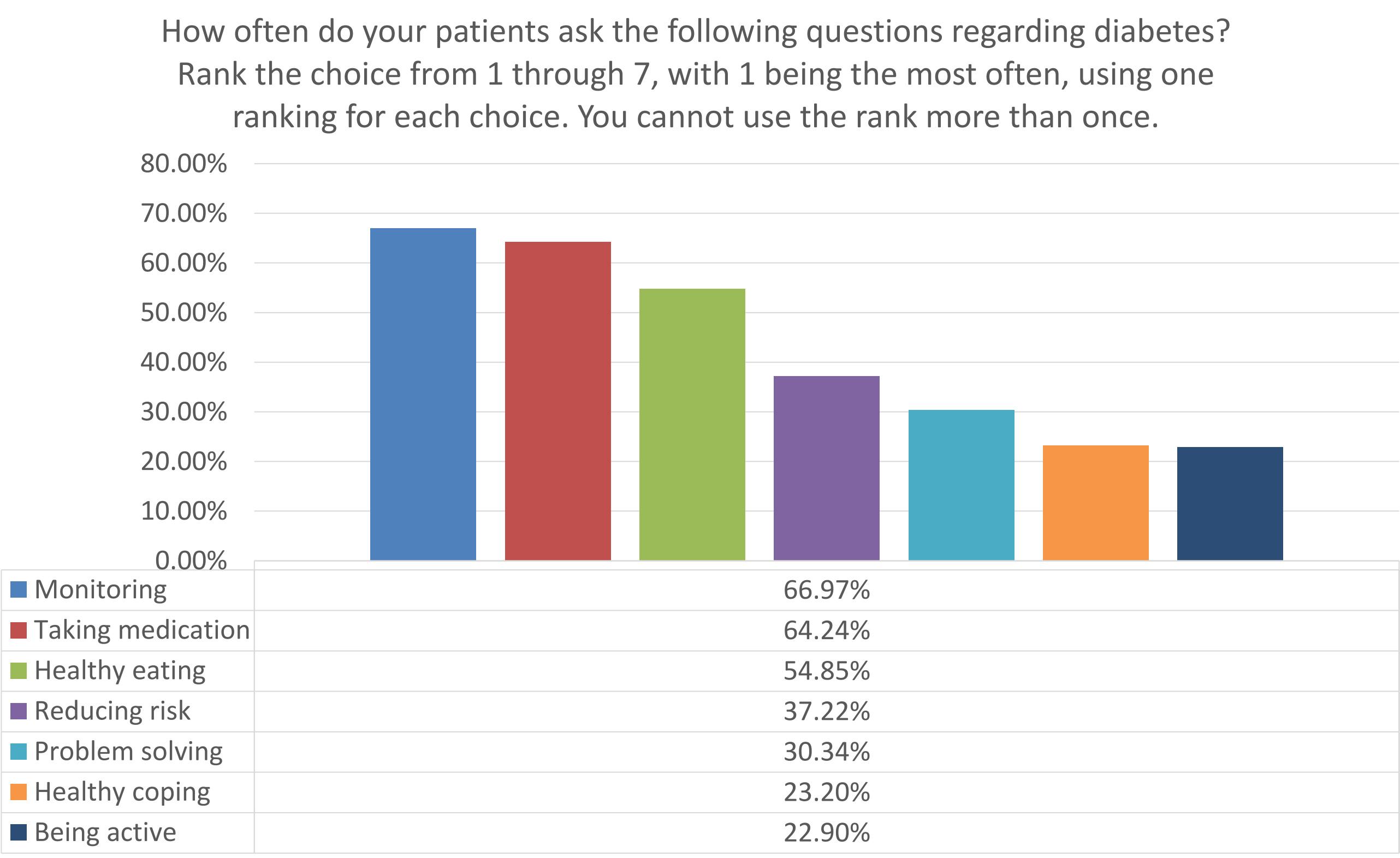


Figure 5

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References

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