



Diabetes Self- Management Education and Support (DSMES)

Overview:

DSMES is “the ongoing process of facilitating the knowledge, skills, and ability necessary for diabetes self-care, as well as activities that assist a person in implementing and sustaining the behaviors needed to manage his or her condition on an ongoing basis, beyond or outside of formal self-management training.” ([2017 National Standards for Diabetes Self-Management Education and Support](#))

The DSMES program aims to “address the patient’s health beliefs, cultural needs, current knowledge, physical limitations, emotional concerns, family support, financial status, medical history, health literacy, numeracy, and other factors that influence each person’s ability to meet the challenges of self-management.” ([Joint Statement from ADA, AADE, and Academy of Nutrition and Dietetics](#), page 1).

Accreditation and Recognition Processes:

Purpose:	Agencies:
Ensure that DSMES services offer quality education	CMS has authorized two organizations: <ol style="list-style-type: none"> 1. The Association of Diabetes Care & Education Specialists (ADCES) formerly, American Association of Diabetes Educators (AADE) 2. American Diabetes Association (ADA)

* International Pre-Diabetes Center Inc. (IPDC) uses ADCES’s Diabetes Education Accreditation Program (DEAP) to achieve accreditation for community-based organizations it provides technical support to.

Steps in DEAP	Steps in IPDC’s Technical Assistance
<i>Step 1:</i> Meet all 10 National Standards for DSMES and have at least one participant complete the full education cycle from referral to follow-up (as it will be structured and billed for after accreditation is approved), prior to submitting your application.	<i>Step 1a:</i> Perform a gap analysis of the current DSMES program to identify adherence to the National Standards <i>Step 1b:</i> Create a plan and timeline to bridge the gaps in the Standards <ul style="list-style-type: none"> o Includes staff training, presentations to administration, development of policy and procedures, etc. <i>Step 1c:</i> Prepare application package for submission
<i>Step 2:</i> Complete the online application and submit all supporting documents for the standards.	<i>Step 2a:</i> Complete online application and send in all supporting documents. <i>Step 2b:</i> Provide applying organization with two binder copies of application package.
<i>Step 3:</i> Pay the application fee and additional fees if you have *branch locations. Following submission, the staff will review then contact you to set up a phone interview.	<i>Step 3a:</i> Submit the fee <i>Step 3b:</i> Prepare the applying organization for a mock interview before the phone interview <i>Step 3c:</i> IPDC will join and lead the phone interview
Once accredited, the organization is responsible for submitting 6-month report following accreditation and Annual Status Report. Once accredited organization may begin billing Medicare.	IPDC will provide support for 6-month and Annual Status Report. IPDC will also provide training and technical assistance to successfully bill Medicare.