

Diabetes Self-Management Education

Our Diabetes Management Program offers diabetes self-management education (DSME) classes that focus on ways to manage and live with diabetes. Diabetes self-management education sessions are held monthly at NSMC Union Hospital in Lynn and consist of three classes that meet once a week for 90 minutes (times and dates vary). Attendance to all classes is encouraged, however, if a patient's DSME hours are limited due to their insurance coverage, he or she may choose specific classes. Medicare and many private insurance plans prefer group classes for DSME.

CLASS 1: ON THE ROAD TO BETTER MANAGING DIABETES

- Basic diabetes facts and myths
- Causes of high and low blood sugar
- How diabetes is managed – diet, exercise & medications
- Types of medications and insulin used to treat diabetes

CLASS 2: DIABETES AND HEALTHY EATING

- How eating habits affect blood glucose
- Meal planning
- Nutrition label reading

CLASS 3: MONITORING BLOOD GLUCOSE

- Why monitor blood glucose and general targets
- Signs of high and low blood sugar, and how to prevent them
- How to interpret self blood glucose monitoring results
- Reducing the risk of complications
- Setting SMART goals
- The progression of diabetes



Patients are not required to take part in the NSMC Diabetes Management Program in order to participate in the DSME classes. A good candidate for group classes may include, but is not limited to a:

- patient newly diagnosed with diabetes
- patient with a diabetes diagnosis but no prior education
- patient with prior education but needs a refresher due to outdated information or a change in treatment status
- patient with no barriers to group participation (i.e. language and visual or hearing impairment)

Physicians must provide patients with a referral to attend group classes and must check DSME on the referral form found in Epic. For more information, please contact the NSMC Diabetes Management Program at 781-477-3409.



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