

Diabetes Self-management Education and Support for Adults With Type 2 Diabetes: Algorithm of Care
ADA Standards of Medical Care in Diabetes recommends all patients be assessed and referred for:

Nutrition
 Registered dietitian for medical nutrition therapy

Education
 Diabetes self-management education and support

Emotional Health
 Mental health professional, if needed

Four critical times to assess, provide, and adjust diabetes self-management education and support:

1 <i>At diagnosis</i>	2 <i>Annual assessment of education, nutrition, and emotional needs</i>	3 <i>When new complicating factors influence self-management</i>	4 <i>When transitions in care occur</i>
<p>When primary care provider or specialist should consider referral:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Newly diagnosed. All newly diagnosed individuals with type 2 diabetes should receive DSMES <input type="checkbox"/> Ensure that both nutrition and emotional health are appropriately addressed in education or make separate referrals 	<ul style="list-style-type: none"> <input type="checkbox"/> Needs review of knowledge, skills, and behaviors <input type="checkbox"/> Long-standing diabetes with limited prior education <input type="checkbox"/> Change in medication, activity, or nutritional intake <input type="checkbox"/> HbA_{1c} out of target <input type="checkbox"/> Maintain positive health outcomes <input type="checkbox"/> Unexplained hypoglycemia or hyperglycemia <input type="checkbox"/> Planning pregnancy or pregnant <input type="checkbox"/> For support to attain and sustain behavior change(s) <input type="checkbox"/> Weight or other nutrition concerns <input type="checkbox"/> New life situations and competing demands 	<p>Change in:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Health conditions such as renal disease and stroke, need for steroid or complicated medication regimen <input type="checkbox"/> Physical limitations such as visual impairment, dexterity issues, movement restrictions <input type="checkbox"/> Emotional factors such as anxiety and clinical depression <input type="checkbox"/> Basic living needs such as access to food, financial limitations 	<p>Change in:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Living situation such as inpatient or outpatient rehabilitation or now living alone <input type="checkbox"/> Medical care team <input type="checkbox"/> Insurance coverage that results in treatment change <input type="checkbox"/> Age-related changes affecting cognition, self-care, etc.