

Bring the Diabetes Self-Management Program to your community!

Everyone with Diabetes Counts

Acumentra Health is working with Oregon stakeholders to improve diabetes clinical outcomes and expand patient access to the Stanford Diabetes Self-Management Program (DSMP), through a Medicare-sponsored program called *Everyone with Diabetes Counts* (EDC).

Significant disparities exist in diabetes prevalence and in access to diabetes education. EDC helps communities experiencing disparities increase the integration and availability of diabetes self-management support as a component of patient-centered care. EDC addresses the Affordable Care Act mandate to develop programs that identify and ameliorate health disparities among at-risk populations.

To address disparities that especially impact rural patients and patients from specific racial or ethnic populations, EDC seeks to establish programs in areas that serve participants from one or more of these populations, by referral from medical practices that serve them, as well as through community-based approaches.

EDC also has a measurement component:

- A Patient Activation Survey, given before and after DSMP
- Documentation of key diabetes clinical measures over time, through a partnership with referring clinics

DSMP empowers people to be successful self-managers

A component of Oregon Health Authority's (OHA) Self-Management Initiative, DSMP is an evidence-based program that empowers patients to successfully manage their diabetes. Using a peer-supported model over a six-week period, DSMP helps people implement lifestyle changes to better manage their chronic conditions. DSMP has been shown to improve patient activation, self-efficacy, healthy eating, and other measures, with results sustained over time.¹

What's happening in Oregon?

Through our partnerships with the OHA Self-Management Initiative and the Oregon Diabetes Prevention and Control Program, Acumentra Health will assist local communities in increasing availability of sustainable DSMPs and building provider referral pathways to ensure that patients experiencing disparities can access this valuable self-management education and support. In parallel, we will work closely with providers who refer patients, to capture data on clinical measures that will help assess the impact of DSMP on diabetes outcomes in communities with disparities.

About HealthInsight and Acumentra Health

Acumentra Health is the Oregon affiliate of *HealthInsight*, the Quality Innovation Network-Quality Improvement Organization (QIN-QIO) serving Oregon, Nevada, New Mexico, and Utah. The Medicare QIO Program contracts with regional QIN-QIOs to support state-level initiatives that aim to improve health of Medicare beneficiaries, improve care safety and quality, and reduce health care costs. Acumentra Health served as Oregon's QIO from 1984 through the program's regional reorganization in 2014.

Acumentra Health has a long involvement in diabetes initiatives, leading two Oregon diabetes collaboratives, disseminating low-literacy patient education toolkits, coordinating eye and foot exam campaigns, and organizing Oregon's first leader training for *Tomando Control de Su Salud*, the Spanish language version of the Stanford Chronic Disease Self-Management Program (CDSMP). Our project lead, Tracy Carver, helped establish the *Living Well with Chronic Conditions* program, Oregon's version of CDSMP.

Contact us to learn more:

Tracy Carver, MPA
tcarver@acumentra.org
503-382-3931

David Caress, MBA, MSW, CPHQ
dcaress@acumentra.org
503-382-3957

¹ Stanford School of Medicine. Diabetes Self-Management Program web page. <http://patienteducation.stanford.edu/programs/diabeteseng.html> Accessed 8/26/14.