

Dear Health Care Professional,

Thank you for taking a few minutes of your time to review the included materials/tools on the importance of Diabetes Self-Management Education and Support (DSMES) and how referrals to DSMES can enhance the lives of your patients with diabetes and improve your diabetes-related outcomes.

DSMES is the ongoing process of facilitating the knowledge, skills and ability necessary for diabetes self-care. This includes activities that assist in implementing and sustaining the behaviors needed to manage diabetes. Content offered includes healthy eating, being active, monitoring, taking medication, problem solving for high and low blood glucose and special situations, healthy coping and reducing risks for acute and chronic complications.

Working collaboratively with the diabetes educator and health care provider, the person with diabetes will identify changes that can be made to help improve the way they care for their diabetes and improve their overall health.

DSMES is recommended for all persons with diabetes, especially at these four critical times:

- At diagnosis
- Annually (to assess education, nutrition and emotional needs)
- When new complicating factors influencing self-management emerge
- When transitions in care occur. (Diabetes Care 2015 Jul; 38(7): 1372-1382)

To find available DSMES services in your area, go to the Kentucky Diabetes Resource Directory at <https://prd.chfs.ky.gov/KYDiabetesResources/>

Additional free resources for you and your patients with diabetes can be found on the Kentucky Diabetes Network website, <http://www.kydiabetes.net/>

Sincerely,