

We Are Better Together Newsletter

A bi-monthly newsletter for DSMP Leaders Across New England

 Forward to a Friend

CONNECT WITH US!



Fellow Leaders,

Welcome to the first edition of our New England Regional Diabetes Self-Management Program (DSMP) leader e-newsletter! We are excited to launch this publication to share tips, best practices, challenges, strategies, and to offer educational opportunities to the DSMP Leader community.



Brenda Jenkins

Over the past three years, the New England Quality Innovation Network-Quality Improvement Organization (QIN-QIO) has trained many new DSMP leaders and partnered with many others who already provide this valuable program to their communities. We hope this newsletter will connect new DSMP leaders with leaders who have been in the field from all over New England and provide a place to get to know and learn from each other.

We encourage you to share your success stories, questions, challenges and solutions with your fellow leaders through this forum. Your feedback will help us immensely as we shape our bi-monthly e-newsletter to meet your needs. Occasionally, we will solicit your feedback formally through a brief online survey, but please note you can reach out to us at any time.

To provide feedback, stories, questions, please contact [Samantha Walsh](#) or call 401-528-3257.

Looking Forward to All Our Continued Success!

*Brenda Jenkins & Vicki Crowningshield
Everyone with Diabetes Counts Regional Leads*



Vicki
Crowningshield

Importance of Paperwork

It seems we are inundated with forms these days. Whether they're electronic or paper based, we have to fill them out for everything from passport applications to getting a flu shot. You all do important work by teaching Diabetes Self-Management workshops. Part of your role is to make sure your DSMP students fill out all paperwork supplied by your state contact. There are four forms that are important for everyone to fill out.

These forms include:

1. Registration Forms
2. Patient Activation Survey (PAS)
3. Medical Release
4. Evaluation



It is crucial your participants fill out all forms completely. After they fill out these forms, we assign an identification number and give information to Medicare using only this identification number.

Medicare uses this de-identified information to demonstrate the positive impact DSMP makes on people's lives. I find that students often need help filling out forms, keep an eye out for those who may be struggling. With the participant's permission, I will sit with them as they are filling it out. Please make sure your participants fill out all sides and sections of these forms, and that you can read their writing. Now, with the paperwork completed, you can begin the work of training your participants to better manage their diabetes.

LEADER SPOTLIGHT- Dilenia Cruz Rodriguez

Serving as a leader of a Diabetes Self-Management class has been an extraordinary experience. I have learned a great deal about how to be a good leader through the experience and knowledge of other colleagues. Observing how the participants in those classes discovered new information and began to practice it showed me that every day there are new opportunities to spread knowledge which guarantees a better quality of life for diabetics and their families.



[Read more about Dilenia here!](#)

One of the most impressive experiences I had in my class was when a person who never had the habit of having breakfast, agreed to introduce small portions of food into her diet in the morning. At the end of the course, she shared with the group, as well as friends and family, that she was more energetic, happier and healthier after beginning this new habit of breakfast.



SUCCESS STORY: Patient Benefits from New Hampshire Diabetes Self-Management Program Workshop

Earlier this year, New Hampshire staff members from the New England QIN-QIO led a six-week Diabetes-Self-Management Program (DSMP) workshop at a primary care practice in Claremont, NH. This workshop was held for patients of the practice who had been diagnosed with pre-diabetes or diabetes. [Learn More Here](#)

Ask Kate!



Dr. Kate Lorig

"the mother of the Self-Management Movement" and
Professor Emerita Department of
Medicine at Stanford University

Webinar Hosted By:



Date-
February
15, 2018

Time-
3:00 pm

[Click Here for more Information
and to Register!](#)

Common Q&A Topics:

- Program development: what works and what doesn't
- Working in diverse communities
- Research instruments, methodology and recruitment
- Advocacy
- Effective training for public and health professionals
- Grant opportunities and effective grant-writing
- Anything else!

Tips of the Month: Community Recruitment

- Engage site director to help with recruitment
- Work with unofficial "mayor" of the community
- Hold a mini or introductory class
- Piggyback on other classes
- Attend health fairs in the community

Leader Certification Guide

- Leader Training
 - attend in-person, four-day Leader training
 - complete two practice teaches
 - successful completion and "active leader" status is determined by Master Trainers
- Once trained Active Leaders
 - facilitate one six-week workshop every 12 months
- Unable to teach within 12 months (after the first year after training)
 - leader must be fully re-trained
 - attend a refresher workshop in person or online (cannot be used two years in a row)

All information cited above is in the Program Fidelity email. Each site should have at least one Fidelity Manual available.

Resources

- [Diabetes Care Resource](#)

Upcoming Leader Training

- [Certified Leader Course](#)



Our New England State Leaders!

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We at the New England QIN-QIO are committed to providing you with no-cost, innovative quality improvement services to support the success of your practice.

Contact us today!



This material was prepared by the New England Quality Innovation Network-Quality Improvement Organization (QIN-QIO), the Medicare Quality Improvement Organization for New England, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. CMSQINB22018121637