

# 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:



## FOUR CRITICAL TIMES TO ASSESS, PROVIDE, AND ADJUST DIABETES SELF-MANAGEMENT EDUCATION AND SUPPORT

1

AT DIAGNOSIS

2

ANNUAL  
ASSESSMENT  
OF EDUCATION,  
NUTRITION, AND  
EMOTIONAL NEEDS

3

WHEN NEW  
COMPLICATING  
FACTORS INFLUENCE  
SELF-MANAGEMENT

4

WHEN  
TRANSITIONS IN  
CARE OCCUR

### WHEN PRIMARY CARE PROVIDER OR SPECIALIST SHOULD CONSIDER REFERRAL:

Newly diagnosed. All newly diagnosed individuals with type 2 diabetes should receive DSME/S  
Ensure that both nutrition and emotional health are appropriately addressed in education or make separate referrals

Needs review of knowledge, skills, and behaviors  
Long-standing diabetes with limited prior education  
Change in medication, activity, or nutritional intake  
HbA<sub>1c</sub> out of target  
Maintain positive health outcomes  
Unexplained hypoglycemia or hyperglycemia  
Planning pregnancy or pregnant  
For support to attain or sustain behavior change(s)  
Weight or other nutrition concerns  
New life situations and competing demands

#### CHANGE IN:

Health conditions such as renal disease and stroke, need for steroid or complicated medication regimen  
Physical limitations such as visual impairment, dexterity issues, movement restrictions  
Emotional factors such as anxiety and clinical depression  
Basic living needs such as access to food, nancial limitations

#### CHANGE IN:

Living situation such as inpatient or outpatient rehabilitation or now living alone  
Medical care team  
Insurance coverage that results in treatment change  
Age-related changes affecting cognition, self-care, etc.