

Certified Diabetes Care and Education Specialists

Valley Health's Diabetes Education Program is a patient-centered program in which primary care providers refer patients with diabetes to our team of Certified Diabetes Care and Education Specialists to receive education, coaching support, and other tools throughout each stage of their diabetic journey.

Who are Certified Diabetes Care and Education Specialists?

Certified Diabetes Care and Education Specialists, also known as CDCES, are health professionals who have demonstrated their knowledge and skill in diabetes self-management education by providing at least 1,000 hours of patient education, passing a rigorous exam, and maintaining this highly respected credential in the healthcare industry.



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What do Certified Diabetes Care and Education Specialists?

Your CDCES serves as a diabetes mentor and personal health coach. After meeting with you one-on-one to discuss your diagnosis and areas of your health that require prioritized attention, your CDCES will work with you to develop a self-management plan that will allow you to achieve realistic health goals. Your CDCES is here to provide you with the tools and motivational support needed to manage your diabetes and live your healthiest life.

Why should I see a Certified Diabetes Care and Education Specialists?

Successful diabetes self-management involves knowledge about a broad range of topics such as healthy eating, how to take medication, fitting in exercise and coping with stress. It's not always easy to gain the necessary knowledge on your own or to stay motivated to change lifestyle habits that could be negatively impacting your health. With the support of a CDCES, you can learn how to effectively manage, diagnosis, and improve your health for better long-term outcomes.

When should I consult a Certified Diabetes Care and Education Specialists?

Your Valley Health primary care provider can refer you to a diabetes educator at any time following diagnosis and especially during important transitional stages in your life. When you have questions or concerns about your diagnosis or your self-management plan, your CDCES is here to help.



This service is offered at a number of our locations. Please talk to your local Valley Health site for availability.

My CDCES' Name:

My Appointment Date/Time:

For more information, visit valleyhealth.com

Most insurances cover the cost of meeting with a CDCES. If you are not sure, contact your insurance company directly.



 VALLEYHEALTH

**Diabetes Education
Program**

valleyhealth.com



What to Expect from the Program

After your primary care physician has referred you to the Diabetes Education program, your CDCES will reach out to you to schedule an appointment.

During your first visit, your CDCES will review your medical history and ask questions that will allow him/her to develop a more complete understanding of your diagnosis.

Together, you will prioritize your health goals and develop a realistic plan to achieve them. Using your personalized plan as a guide, your CDCES will provide you with the resources and ongoing support you need to achieve diabetes self-management in your everyday life. You'll meet with your CDCES on a scheduled basis to assess your progress, identify areas for improvement, and make needed adjustments to your plan.

How to Prepare for Your First Appointment

- ✓ **Bring your logbook** | Whether electronic or written, it's important to bring a record of your blood sugar levels.
- ✓ **Do a 24-hour recall** | Keep track of the food you eat in the 24 hours before your appointment. If you have dietary restriction or specific foods that you love, write those down, too.
- ✓ **Bring a medication list** | Your list should include the name, dosage and administering instructions for each medication. If you take herbal supplements or vitamins, write those down, too.
- ✓ **Bring any lab results** | Bring relevant lab results you have on hand such as A1C, blood pressure, or cholesterol.
- ✓ **Bring written questions** | It's helpful to write down any questions and concerns you'd like to discuss with your CDCES before your appointment.
- ✓ **Bring your supplies** | Your CDCES can teach how to use and care for your diabetes supplies, including your blood sugar monitor.

If it would help you feel more comfortable, have a loved one attend your first visit with you. Sometimes, it's helpful to have a second set of ears there to take notes and get tips on how they can help you meet your health goals.

Let's Take Control of Your Diabetes Together: Learning Self-Care Behaviors

Much of the work you do with your referred CDCES will be focused around seven key areas of self-care behaviors. Your CDCES will work with you to develop a personalized self-management plan based on your health priorities and coach you on each of these areas.



Being Active

Physical activity has many health benefits including lowering your cholesterol, improving your blood pressure, lowering stress and anxiety, and improving your overall mood. Physical exercise can also help keep your blood sugar at normal levels. Your CDCES can help you develop a realistic activity plan that fits your lifestyle and health goals.



Monitoring

Monitoring your blood sugar levels regularly gives you vital information about what adjustments may or may not need to be made to your diabetes self-management plan. Your CDCES can teach you how and when to use a blood sugar meter, how to record your results, and what to do if your numbers are out of range.



Problem Solving

It's not uncommon to encounter unexpected problems when managing diabetes; you can't always plan for every situation. Your CDCES can equip you with the knowledge and tools needed to prepare for the unexpected and identify situations to avoid. When something does not go as planned, your CDCES is here as your support to continue working towards your health goals.



Healthy Coping

At Valley Health, we believe in caring for both the body and mind. It's natural to have mixed feelings about your diabetes management and experience highs and lows; these emotions are common. Your CDCES is here to support and motivate you through this journey, and can even connect you with specialized care, if desired.



Taking Medication

There are several types of medications that are often recommended for people with diabetes. Your CDCES will work collaboratively with you and your primary care provider to develop the best medication plan and can provide guidance on how to fit your medication routine into your daily schedule.



Reducing Risks

Having diabetes puts you at a higher risk for developing other health problems. Your diabetes educator can help you better understand those risks and make recommendations for preventive measures you should be taking, like regular well exams, vision screenings, and more.



Healthy Eating

Having diabetes doesn't mean you have to give up your favorite foods or stop eating in restaurants. Your CDCES can help you develop a practical meal plan that incorporates the foods you love while also helping you understand and recognize foods/ingredients that can affect your blood sugar.

