#### RECOGNIZED DI&BETES PROGRAM

Riverstone Health Billings, Montana



Connecting you to a better life

#### Learning Objectives

- Promote self-management of diabetes through seven health topics as outlined by the ADA.
- Work closely with patients to help them discover their personal goals.

# In the beginning

- The program began in 2011 through the public health department.
- There was a dietitian who would see patients in the clinic
- The first year 55 patients were seen

RiverStone Clinic took over the program

**2015 -- 185**2016 -- 1482017 -- 2592018 -- 179

**2019 -- 114** 2021 -- 194 2020 -- 260 2022 -- 216

## It all begins with a referral

Provider sends a referral to RiverStone DSMES program with the plan of care for patient

The MA/Nurse schedules the appointment with the diabetes educator

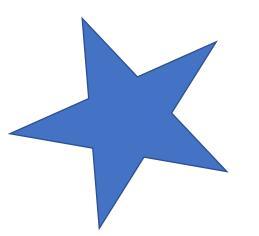
### The first appointment

The patient fills out a diabetes self- assessment

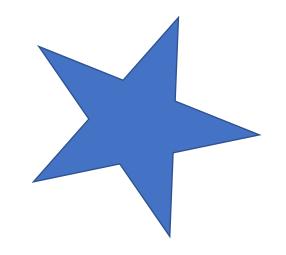
The educator can better understand patient's needs

Discussion: What is Diabetes?

# The following appointments include discussion on these topics



- Coping
- Eating Healthy
- Physical Activity
- Medication Management
  - Monitoring
  - Problem Solving
    - Reducing Risks



The benefits are:

# Patient centered care

with an *Interdisciplinary Team* which includes The provider, diabetes nurse, nutritionist, behavioral health, pharmacy consultants, and a **free gym** with a certified personal trainer



#### Live Well Center at RiverStone Health

 <u>https://riverstonehealth.org/clinical-</u> <u>services/live-well-center/</u>

## The results are:

- Better compliance and accountability
- Improved A1c's with routine check-ins
- Increased activity, weight loss
- More confidence in self-management of their diabetes