RECOGNIZED DIABETES PROGRAM

Riverstone Health
Billings, Montana
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

  2012 - 175   2013 - 200   2014 - 84
RiverStone Clinic took over the program

<table>
<thead>
<tr>
<th>Year</th>
<th>Patients</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>185</td>
</tr>
<tr>
<td>2017</td>
<td>259</td>
</tr>
<tr>
<td>2019</td>
<td>114</td>
</tr>
<tr>
<td>2021</td>
<td>194</td>
</tr>
<tr>
<td>2016</td>
<td>148</td>
</tr>
<tr>
<td>2018</td>
<td>179</td>
</tr>
<tr>
<td>2020</td>
<td>260</td>
</tr>
<tr>
<td>2022</td>
<td>216</td>
</tr>
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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

- [https://riverstonehealth.org/clinical-services/live-well-center/](https://riverstonehealth.org/clinical-services/live-well-center/)
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