

RECOGNIZED DIABETES 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

2012 -175

2013 - 200

2014 - 84

RiverStone Clinic took over the program

2015 -- 185

2016 -- 148

2017 -- 259

2018 -- 179

2019 -- 114

2020 -- 260

2021 -- 194

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

- <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