

Is Your Diabetes Education Program Ready For A Change?

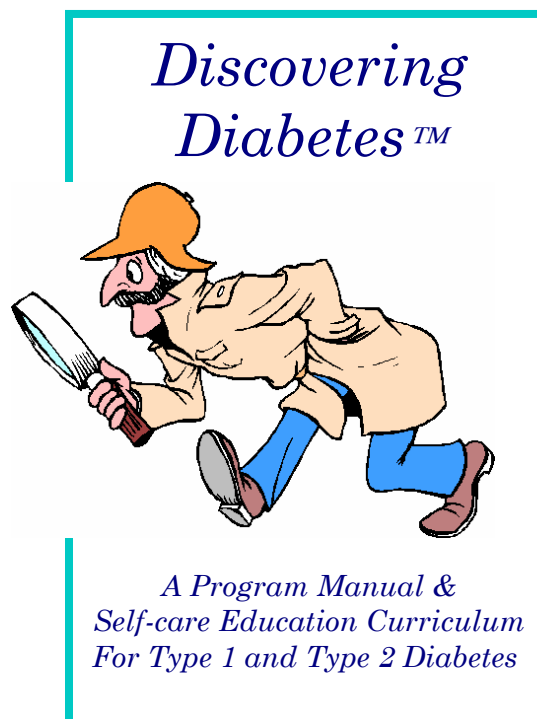
Then You Are Ready For...

Now you can have a world-class diabetes education program that is

- Patient-centered
- Behaviorally directed
- Clinically effective
- Financially viable
- Consistent with ADA Program Recognition Guidelines

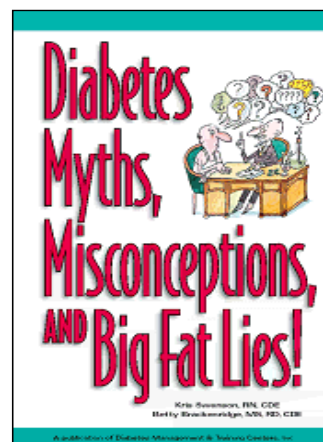
WITHOUT WAITING and without tying up precious staff time needed for patient care.

Discovering Diabetes™ includes all the tools needed to establish or revitalize diabetes services that *Make A Difference*. It is based on DMTC's uniquely successful model patient programs for both Type 1 and Type 2 diabetes.



A Step-by-Step Guide to Providing Patient-Centered, Outcomes-Oriented Diabetes Services

The Book & Video



The Patient Program

- Four 2-hour skills classes
- Ten ADA content areas
- Four critical self-care skill sets
- Stimulating curriculum based on the "Myths" of diabetes care
- Diabetes Myths, Misconceptions and Big Fat Lies! is the patient text.

Diabetes Myths, Misconceptions and Big Fat Lies! is the text for the Discovering Diabetes patient program. Large, clear type. 6th grade reading level.

This enjoyable and irreverent little book is sold with or without the engaging and reinforcing 60-minute teaching video of the same name. Special discounted pricing for the Myth Book and Video available to purchasers of the Discovering Diabetes Program Manual or Curriculum Guide.

SAMPLE PAGES

MYTHS ABOUT FOOD

Myth *Healthy foods don't raise blood sugar.*

TRUTH: Even nutritious foods like apples, wheat bread, and oatmeal can raise blood sugar to unhealthy levels. This happens if you don't have enough insulin to match the carbohydrates you eat. It's the balance between carbs and insulin that determines BG control. Many foods needed for good health contain a lot of carbohydrate. Trying to avoid them is neither smart nor necessary. To manage food for diabetes control, you need to learn to manage carbs. Carb management works equally well for the nutritious foods you eat every day and for the sweets you have less often.

MYTHS ABOUT INSULIN

Myth *Taking insulin means I've failed.*

TRUTH: Insulin is not a failure or a punishment. It's a treatment. Type 2 diabetes is a progressive disease. This means it changes over time. Researchers have found that most people with type 2 diabetes need a change in medicine types or doses about every 3-4 years on average to keep blood sugars in target range. For a while, that usually means taking more kinds of pills. But eventually, most people need insulin as well. It's simply an expected step in treatment for most people with type 2 diabetes.

Skills That Make a Difference

Every diabetes class and book tells people where the pancreas is. But there's a problem with this. We don't know anyone whose blood sugars ever got better because they knew where their pancreas was!

The *Discovering Diabetes* program uses a different approach to engage and inform. It begins by identifying common diabetes myths that often stand in the way of effective action. Then participants learn to use blood sugar monitoring to figure out exactly where they stand. They also learn how to turn food from a source of deprivation and guilt into their most powerful tool for blood sugar management – all without giving up a satisfying and enjoyable life.

Each class topic can help people improve life with diabetes.

1. Diabetes Myths May Stand in The Way
2. Blood Sugar Monitoring: A Tool of Discovery
3. Food Isn't a Four-Letter Word – But D-I-E-T Is!
4. Finding the Right Diabetes Medicines
5. Exercise for Fun and Fitness
6. Feelings and Diabetes
7. Staying Healthy and Whole
8. And much more...

Discovering Diabetes™ Program Materials

Various components of the complete *Discovering Diabetes Program*, including the patient text and video described above, are available for purchase, both individually and in packages designed to meet a wide variety of needs.

Program Development Package – save \$800+ over individual prices

A comprehensive resource for the development of new programs and for the substantial update and redesign of existing programs. The package includes:

- **The Discovering Diabetes Program Manual**
- **Upgraded AV Package**
- **An initial supply of 50 Myth Books**
- **Minimum 15% discount on all DMTC training programs for all staff members**

The Discovering Diabetes Program Manual

A complete guide to all aspects of diabetes education program development from vision through implementation to evaluation. It also provides excellent support for any staff members less experienced in the delivery of patient-centered care. Curriculum meets ADA Program Recognition guidelines. In addition to The Curriculum Guide described below, the 200+ page manual contains detailed chapters on

- The Role and Importance of Program Vision and Mission,
- Practical Tools to Optimize Facility and Staff,
- Business Planning and Profitability,
- Discovery Learning Tools and Techniques

- And a Teaching Notes Copy of the patient text, *Diabetes Myths, Misconceptions and Big Fat Lies!*

Upgraded AV Package

CD-ROM includes

- PowerPoint file containing 90 colorful overhead transparencies used to deliver the *Discovering Diabetes* program for both type 1 and type 2 diabetes class groups. The overheads guide content delivery, support interactive learning methods and integrate class content and discussions with the *Diabetes Myths* patient text.
- The text of complete talking points for all the overheads as a guide for educators less experienced in interactive, patient-centered instruction methods.
- Word files for all program forms, allowing them to be personalized. This includes DMTC's copyrighted Referral, Patient Assessment, Class Progress Notes, and Patient Goal Setting forms, among others.

Program Update Package – save \$490 over individual prices

For experienced educators seeking to update and refresh an existing program, using a patient-centered, skills-based approach. The package includes:

- **The Discovering Diabetes Curriculum Guide**
- **Standard AV Package**
- **An initial supply of 50 Myth Books**

The Discovering Diabetes Curriculum Guide

The thirty-five page Curriculum Guide includes lesson plans, questions for discussion, suggested teaching tools and draft forms to deliver the *Discovering Diabetes* class programs for Type 1 and Type 2 diabetes. Curriculum meets ADA Program Recognition guidelines.

Standard AV Package

CD-ROM includes

- PowerPoint file containing 90 colorful overhead transparencies used to deliver the *Discovering Diabetes* program for both type 1 and type 2 diabetes. The overheads guide content delivery, support interactive learning methods and integrate class content and discussions with the *Diabetes Myths* patient text.
- Word files for all program forms, allowing them to be personalized. This includes DMTC's copyrighted Referral, Patient Assessment, Class Progress Notes, and Patient Goal Setting forms, among others.

Terms and Conditions

Discovering Diabetes Program materials are sold with a license for use in the delivery of diabetes patient education services in one, and only one, physical site. Programs with multiple service locations are required to purchase additional copies of the program materials, one set for each site. A 50% discount applies to copies purchased for additional sites.

Copyright

Copyrights for the Discovering Diabetes Program Manual, AV Package and Patient Text, Diabetes Myths, Misconceptions and Big Fat Lies!, are held by Diabetes Management and Training Centers, Inc. (DMTC) of Phoenix, Arizona. Purchasers and users are responsible for complying with all applicable copyright laws.

Ongoing Support & Staff Development

DMTC Founders Kris Swenson and Betty Brackenridge are available by phone and e-mail to assist with program planning and clinical problem solving for up to 30-minutes per month in the first year. This service is included in the purchase price of both packages. In addition, a *Discovering Diabetes Bulletin Board* will soon be available on the DMTC website for the posting of questions and sharing ideas among all *Discovering Diabetes* users.

- Program purchasers are encouraged to enroll all staff members in the Diabetes Manager University (DMU), both as a skills enhancing and a staff development event. Implementation of this or any other program will be greatly enhanced by standardizing and periodically updating the diabetes knowledge and skills of all staff members. See the Health Professionals section of this website for more details about the DMU and our other training programs.

For all inquiries and assistance related to Discovering Diabetes, including questions about quantity pricing discounts and help with product selection to meet your needs, call 602-426-1965, Extension 2

**Diabetes Management &
Training Centers, Inc.**