



SMaRT1E

Self Management and Review Type 1 Diabetes Education

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- Created 2008 by the RK & FH diabetes teams
- Intensive diabetes self management program which actively engages people with type 1 diabetes to develop and apply knowledge, practical problem-solving and coping skills to achieve optimal self-management.
- Led by CDNE and Dietitian with experience in Type 1 and group facilitation skills. Supported by an Endocrinologist.
- 4 week structured program – 6 hours, group of 8 participants once a week for 4 consecutive weeks.
- Time between sessions is used to put newly learnt skills into practice

Vision

Improving outcomes for people with Type 1 Diabetes by empowering them with the knowledge and skills required for effective self management

Philosophy

People with type 1 diabetes should be given the opportunity to take responsibility and manage their own condition

- The SMaRT1E course provides education and support to people with type 1 diabetes and enables them to:
 - Develop personalised and realistic management goals
 - Acquire the knowledge and skills necessary to achieve those goals
 - Adjust insulin dose to lead the lifestyle of their choice while maintaining stable glucose control.
 - Provide information on the consequences of poor diabetes control.

Goal

- To provide high quality structured education to people with type 1 diabetes enabling development of knowledge and skills required for effective diabetes self-management.

Objectives

- To enhance knowledge about Type 1 diabetes
- To improve self-management skills particularly through carbohydrate counting and self adjustment of insulin therapy
- To improve ability to manage diabetes during sick days
- To improve psychosocial wellbeing in relation to diabetes
- To improve glycaemic control with no increase in rates of severe hypoglycaemia

Who can attend?

- Able to commit to 4 sessions
- Over 18yrs
- Type 1 Diabetes >6 months
- On basal bolus insulin or CSII pump
- Willingness to test BGLs regularly
- Agreeable to group environment
- Motivated to improve diabetes
- PAID-5 Score

Topics covered:

Week 1:

- Introduction to program, goals & objectives
- Review Pathophysiology Type 1 DM
- Blood Glucose Targets
- Insulin actions & requirements
- Introduction to Carbohydrate counting
- Calculation carbohydrate/Insulin Ratio
- Practice of carbohydrate counting

Week 2:

- Group reflection of a day's food & BG diary based on skills learnt week 1
- Practice of Carbohydrate counting
- Adjusting insulin
- Calculation Insulin Sensitivity Factor
- Hypoglycaemia

Week 3:

- Group reflection of a day's food & BG diary based on skills learnt week 1 & 2
- Hyperglycaemia & Sick day Management
- Diabetes & Exercise
- Diabetes & Alcohol
- Practice of carbohydrate counting
- Carb counting resources – meters & apps

Week 4:

- Group reflection of a day's food, exercise & BG diary based on skills learnt previous weeks
- Chronic Complications of Diabetes
- Review & Discussion of pathology results
- Extras: Dental, Travel & Driving
- Dietary visualisation and dining out

Follow up

- 3 months
- Review course annually

Quality control

- **Audit**
 - excel spreadsheet
- **Quality Assurance –**
 - Patient : PAID-5, FDCR, DTSEQs pre course, 3 months and 12 months post
 - Educator Self Reflection
 - Peer Review Reflection
- **External Review**
- **Accreditation**

- Patients who attended the SMaRT1E course achieved improved outcomes.
 - On average, patients achieve about 1% reduction in HbA1c at 6 months with no increase in body weight or hypoglycaemia frequency.
 - Quality of life improved and patients reported fewer episodes of ketoacidosis and hypoglycaemia.
 - Patients self report – Improved self management ability.

- Future initiatives:
 - Based on quality assurance cycle, improving course to ensure consistent outcomes across sites.

References

- The Diabetes Education Network. <http://www.diabetes-education.net/>
- Schlaeppli M: Evaluation of SMaRT1E. A Self Management and Review Type 1 Education outpatient intensive education programme for people with type 1 diabetes June 2011