

Diabetes Self-Management Program (DSMP)

Helping you manage your diabetes

Diabetes Self-Management Program (DSMP) workshops are interactive, evidence-based programs developed by Stanford University. People with type 2 diabetes attend the 2.5 hour sessions once a week for six weeks (6 total classes). Workshops are led by two trained leaders, one or both of whom are living with diabetes.

You will learn:

- Techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration
- Exercise for maintaining and improving strength and endurance
- Healthy eating
- Appropriate use of medication
- Working better with health care providers

Participants are very involved in the classes and support each other. Success builds participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

Participants make weekly action plans, share experiences, and help each other solve problems.

Evidence shows that people who participated in DSMP demonstrated significant improvements in diabetes-related depression, symptoms of hypoglycemia, communication with physicians, healthy eating and reading food labels. They also had significant improvements in patient activation and confidence to reach personal goals.

Get Started

Visit www.toolsforbetterhealthks.org and select "Find a Workshop" contact KDHE Coordinator at 785-291-3742 or KDHE.BetterHealth@ks.gov for information about Kansas DSMP and to find a class near you. For more information about the Stanford University program, please visit: patienteducation.stanford.edu/programs/. Workshops are typically free, although some organizations may charge a small fee.

DSMP Lifestyle Change Classes Provide



Trained
Leaders



CDC
Approved
Curriculum



Group
Support
During the
Workshops

Diabetes Self-Management Program (DSMP)

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The Diabetes Self-Management Program (DSMP) is an evidence-based workshop for people with type 2 diabetes. DSMP was developed through a randomized, controlled study to test the workshop's effectiveness. Six months after the workshop, participants had significant improvements in depression, symptoms of hypoglycemia, communication with physicians, healthy eating, and reading food labels. They also had significant improvements in patient activation and self-efficacy. At 12 months, DSMP participants continued to demonstrate improvements in depression, communication with physicians, healthy eating, patient activation, and self-efficacy. There were no significant changes in utilization or A1C (A1C values were already in the desirable range at the beginning of the study for most participants). Workshops are interactive learning opportunities that teach techniques to manage common symptoms, such as fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration. Workshops are led by two trained leaders who follow a scripted curriculum, lasting 2.5 hours per week for six weeks (total of 6 classes). All information shared in workshops is meant to be complementary to clinical instructions and no specific medical advice is given.

patienteducation.stanford.edu/programs/diabeteseng.html