

# DIABETES SELF-MANAGEMENT TRAINING

Standard of Care for  
Diabetes Management



## What is Diabetes Self-Management Training (DSMT)?

Diabetes Self-Management Training is an evidence-based program that incorporates the needs and goals of people with diabetes into a personalized plan to improve health outcomes.

## Who is eligible for DSMT?

Individuals with type 1, type 2 and gestational diabetes mellitus patients are eligible to participate in the program. A referral will be made by the treating clinician.

## How does DSMT benefit my patient?

DSMT can:

- Improve hemoglobin A1c levels
- Improve control of blood pressure and cholesterol levels
- Improve medication adherence
- Decrease severe diabetes-related complications

- Increase healthier lifestyle behaviors, such as better nutrition, increased physical activity, and use of primary care and preventive services
- Enhance self-efficacy
- Decrease health care costs, including fewer hospital admissions and readmissions

## What does DSMT offer my patient?

Program topics include:

- Practical and relevant nutrition guidance
- Benefits and strategies to increase physical activity
- How to monitor, interpret and manage their glucose levels
- Increase understanding of diabetes medications
- Healthy coping skills
- Preventing and managing complications of diabetes

## How do I refer a patient?

- Epic Ambulatory Referral to Diabetes Education (REF20)
- For questions or concerns, contact us at 443-927-2749 or fax your referral to 410-367-2042



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