

## Continuing Education Information IHS Division of Diabetes Treatment and Prevention

**Title:** Self-Monitoring of Blood Glucose

**Presenter:** Marie Russell, MD, MPH

**Type of Activity:** Enduring Event (Web-based training)

**Original Release Date:** November 1, 2013

**Renewal Date:** November 1, 2015

**Expiration Date:** October 31, 2016

**Target Audience:** Indian Health Service, Tribal and Urban (ITU) health care providers in clinical and community health settings.

### Activity Overview:

This training will address criteria for the use of self-monitoring of blood glucose (SMBG) in patients with diabetes. Evidence based clinical indications for using SMBG meters and guidelines for their use in patients who are insulin and non-insulin dependent will be presented. Implications for changes in practice, steps clinicians can take to address common issues with SMBG and sample protocols will also be discussed. A case study applying sample protocols for monitoring of blood sugars when patients are not on medications, using oral medications, using oral medications with insulin or using just insulin is presented.

### Training Objectives:

As a result of completing this training, participants will be able to:

1. Incorporate FDA approved indications for using SMBG in managing patients with diabetes.
2. Summarize the information regarding the accuracy of SMBG meters and glycemic control.
3. Find and utilize the IHS Standards of Care for Diabetes regarding clinical guidelines for use of SMBG in both insulin and non-insulin patients with diabetes.
4. Use sample SMBG protocols with patients for self-monitoring and self-management of their diabetes.
5. Identify at least one change you will incorporate into your clinical or public health practice.

**Note:** Before you begin any of the web-based trainings, you can review the IHS Privacy Policy ([http://www.ihs.gov/privacy\\_policy.asp](http://www.ihs.gov/privacy_policy.asp)). Also, you can review the Survey Monkey Privacy Policy for details on how user information submitted in the evaluation is protected.

(<http://help.surveymonkey.com/app/srch/list/kw/privacy%20policy/sno/1/search/1/session/L3NpZC9XNno4bEJhaw%3D%3D>).

**Requirements:** You must have a computer with broadband Internet access. For the best experience viewing the videos, use Internet Explorer 7 or greater and Flash 8 player. Click on the "Flash" icon to install the player, if necessary. If you have any trouble viewing the video trainings, contact us at [diabetesprogram@ihs.gov](mailto:diabetesprogram@ihs.gov) for alternate viewing options. If you have trouble viewing this training on-line, check your system to make sure you have the appropriate hardware and software. If you need help or have any questions, please send an email to [diabetesprogram@ihs.gov](mailto:diabetesprogram@ihs.gov).

**Continuing Professional Education (CE) Credit Information:** To receive CE credit, you must view the entire training, watch the complete video and review the handout, successfully pass the quiz (score  $\geq$  80%), and complete an evaluation. You will be able to print a "Certificate of Continuing Education Credits" online following the training.

Individuals taking this course for the first time are eligible for CME/CE credit. If you previously completed this course, you are not eligible for CME/CE credit. If you complete the course more than once, you may obtain a certificate of completion.

## Disclosure Statements

As a provider accredited by ACCME, ANCC, and ACPE, the IHS Clinical Support Center must ensure balance, independence, objectivity, and scientific rigor in its educational activities. Course directors/coordinators, planning committee members, faculty, reviewers and all others who are in a position to control the content of this educational activity are required to disclose all relevant financial relationships with any commercial interest related to the subject matter of the educational activity. Safeguards against commercial bias have been put in place. Faculty will also disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. All those in a position to control the content of this educational activity have completed the disclosure process and have indicated that they do not have any significant financial relationships or affiliations with any manufacturers or commercial products to disclose.

There is no commercial interest support for this educational activity.

The Indian Health Service (IHS) Nutrition and Dietetics Training Program (NDTP) is accredited by the Commission on Dietetic Registration to sponsor continuing professional education for Registered Dietitians. This activity has been awarded 1.5 CPEUs. The IHS NDTP number is NU006. Each attendee should only count the number of hours for each activity attended.

Accreditation applies solely to this educational activity and does not imply approval or endorsement of any commercial product, services or processes by the CSC, IHS, the federal government, or the accrediting bodies.

## ACCREDITATION:



### **Continuing Medical Education Credit**

The Indian Health Service (IHS) Clinical Support Center is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The IHS Clinical Support Center designates this enduring material for a maximum of 1½ *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



### **Continuing Nursing Education Credit**

The Indian Health Service Clinical Support Center is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

This activity has been designated 1.5 contact hours for nurses



### **Registered Dietitian Continuing Education Credit**

The Indian Health Service (IHS) Nutrition and Dietetics Training Program (NDTP) is accredited by the Commission on Dietetic Registration to sponsor continuing professional education for Registered Dietitians. This activity has been awarded 1.5 CPEUs. Each attendee should only count the number of hours for each activity attended.



**Dental Continuing Education Credit**

The Indian Health Service (IHS) Division of Oral Health is an ADA CERP Recognized Provider.

The IHS Division of Oral Health designates this continuing dental education course for 1.5 hours of credit. Each attendee should claim only those hours of credit actually spent in the educational activity.

**Sponsors and Planners**

The planning and development included IHS Division of Diabetes Treatment and Planning and a team of individuals with expertise in relevant professions.

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