

**For Immediate Release**

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**Panhandles Only Recognized Pediatric Diabetic Outpatient Education Program Passes Audit With Flying Colors**

**PENSACOLA, FL (November 7, 2019)** - The diabetes center at Nemours Children's Specialty Care, Pensacola was recently audited by the Diabetes Self-Management Education program (DSME), an American Diabetes Association (ADA) recognized program, in late September 2019 and passed without deficits. The auditors reviewed the 10 standards of program which include advisory meeting, goals, population served, education staff, curriculum and ten charts for content.

Diabetes education is a collaborative process through which people with or at risk for diabetes gain the knowledge and skills needed to modify behavior and successfully self-manage the disease and its related conditions. The program is comprehensive and taught by diabetes educators who have extensive training.

"Our program is unique due to all services under one roof. For example a patient could see a provider, then go on to see a diabetes educator and dietician all on the same day. This means less time that parents have to take off work and kids are out of school. We're a one stop shop," explained Theresa Tinker, Diabetes Educator in the Endocrinology clinic at Nemours.

Programs achieving ADA accreditation status have met rigorous national standards in evidenced-based, comprehensive diabetes education programs. The Diabetes Education Programs of Nemours originally received the certificate of recognition in 2007.

Nemours is one of the largest children's health care systems in America. Its diabetes self-management programs provide participants with skills and education in nutrition, exercise, blood glucose monitoring and medication management.

"Our outpatient program is continuously building knowledge as the child progresses through their developmental stages. Patients are able to build a valuable relationship with the educator and provider. Our relationship is strengthened by Nemours staff volunteering at local camps, walks and other fun activities," explained Tinker.

Nemours pediatric Outpatient Diabetes Education Program is recommended for newly diagnosed patients as well as those whose diabetes control needs improvement. The program is available on an individual basis or in small group settings and is designed for individuals with:

- Type 1 – Insulin Dependent Diabetes Mellitus
- Type 2 – Non-Insulin Dependent Diabetes Mellitus
- Diabetes Prevention, Pre Diabetes, Insulin Resistance and Metabolic Syndrome (by making lifestyle changes at these early stages, many patients can prevent Type 2 Diabetes)

Diabetes is a chronic illness and requires patients to take an active role in controlling the disease. This includes informed management of food intake, exercise and stress, as well as the proper administration of blood glucose testing and anti-diabetes medications.

Recognized by the American Diabetes Association, Nemours comprehensive Outpatient Diabetes Education Program is designed to give parents and patients the information, support and care they need to manage their illness and live a healthy, rewarding life. Nemours multidisciplinary staff includes specially trained and board-certified endocrinologists, registered nurses, registered dietitians, licensed clinical social workers and certified diabetes educators work with patients to adapt an individualized self-care plan that incorporates eating habits, meal planning preferences and any medical conditions.

The ADA's recognition program began in the fall of 1986, and is based on the National Standards for Diabetes Education that were developed by the National Diabetes Advisory Board and endorsed by the diabetes community. The American Diabetes Association Education Recognition program has grown to become the leading quality assurance measure for diabetes self-management education programs across the country

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### **About Nemours Children's Health System**

Nemours is an internationally recognized children's health system that owns and operates the Nemours/Alfred I. duPont Hospital for Children in Wilmington, Del., and Nemours Children's Hospital in Orlando, Fla., along with outpatient facilities in five states, delivering pediatric primary, specialty and urgent care. Nemours also powers the world's most-visited website for information on the health of children and teens, KidsHealth.org and offers on-demand, online video patient visits through Nemours CareConnect.

Established as The Nemours Foundation through the legacy and philanthropy of Alfred I. duPont, Nemours provides pediatric clinical care, research, education, advocacy, and prevention programs to families in the communities it serves.