Our Diabetes Management Program offers diabetes self-management education (DSME) classes that focus on ways to manage and live with diabetes. Diabetes self-management education sessions are held monthly at NSMC Union Hospital in Lynn and consist of three classes that meet once a week for 90 minutes (times and dates vary). Attendance to all classes is encouraged, however, if a patient’s DSME hours are limited due to their insurance coverage, he or she may choose specific classes. Medicare and many private insurance plans prefer group classes for DSME.

CLASS 1: ON THE ROAD TO BETTER MANAGING DIABETES
• Basic diabetes facts and myths
• Causes of high and low blood sugar
• How diabetes is managed – diet, exercise & medications
• Types of medications and insulin used to treat diabetes

CLASS 2: DIABETES AND HEALTHY EATING
• How eating habits affect blood glucose
• Meal planning
• Nutrition label reading

CLASS 3: MONITORING BLOOD GLUCOSE
• Why monitor blood glucose and general targets
• Signs of high and low blood sugar, and how to prevent them
• How to interpret self blood glucose monitoring results
• Reducing the risk of complications
• Setting SMART goals
• The progression of diabetes

Patients are not required to take part in the NSMC Diabetes Management Program in order to participate in the DSME classes. A good candidate for group classes may include, but is not limited to a:
• patient newly diagnosed with diabetes
• patient with a diabetes diagnosis but no prior education
• patient with prior education but needs a refresher due to outdated information or a change in treatment status
• patient with no barriers to group participation (i.e. language and visual or hearing impairment)

Physicians must provide patients with a referral to attend group classes and must check DSME on the referral form found in Epic. For more information, please contact the NSMC Diabetes Management Program at 781-477-3409.