TMF Leads the Nation in Reaching Diabetes Self-management Education Goal for Medicare Beneficiaries

The TMF Quality Innovation Network Quality Improvement Organization (QIN-QIO) stands out as the leader among other QIN-QIOs across the nation in surpassing its contracted, periodic goal for providing Diabetes Self-management Education (DSME) to Medicare beneficiaries.

TMF is under a five-year contract with the Centers for Medicare & Medicaid Services to initiate and provide a wide range of health care services, including diabetes education, that ultimately benefit Medicare beneficiaries. TMF’s initiatives include provider services and interventions as well as direct services for beneficiaries. Under the auspices of the QIN-QIO, TMF provides these services in a region that includes the states of Arkansas, Missouri, Oklahoma, Texas and the territory of Puerto Rico. There are 13 other QIN-QIO regions that provide the same or similar services to the other states and U.S. territories.

The comparison of the status of all of the QIN-QIOs on the various health care initiatives was presented recently at a conference of the American Health Care Quality Association (AHQA) by Jane Brock, MD, MSPH, president-elect of AHQA. The data presented on DSME showed that the TMF QIN-QIO had nearly doubled its goal for the time period reported, beginning with contract initiation on Aug. 1, 2014 and ending April 30, 2016.

All of the TMF QIN-QIO states and Puerto Rico, individually, were shown to be in the top 10 of performers across the nation and surpassing their goals to provide DSME to Medicare beneficiaries for the designated time period. The goal for all of the QIN-QIOs was 25 percent of their five-year, end-of-contract goal. The contract ends July 31, 2019. Puerto Rico was shown to be near 90 percent of its end-of-contract goal. Unofficial data has Puerto Rico currently surpassing its end-of-contract goal.

Current data shows the total number of persons who enrolled in DSME classes in the TMF QIN-QIO region, since the beginning of the contract, is 9,411; and the total number of graduates is 6,361, representing 74 percent of all participants. The TMF QIN-QIO has completed 777 classes, with 100 more in progress for 800 students. In addition, to expand the reach and create sustainability of the program, we have trained nearly 700 educators in the DSME curriculum who are now providing classes to people with diabetes.
DSME is a proven intervention for empowering persons with diabetes to take an active role in managing their disease. It has been shown that DSME classes significantly reduce serious complications such as heart disease, amputations of lower limbs, kidney failure and blindness.

In addition to teaching people with diabetes self-management skills and the importance of seeking regular screenings by health care providers, the TMF QIN-QIO works directly with physician offices and providers to make diabetes screening a routine process. Patient education and routine screening by physicians reduces complications from diabetes and associated costs, such as emergency department visits for uncontrolled diabetes.

Through its DSME initiative, the TMF QIN-QIO offers free education tools and resources, webinars, conferences and recorded events that can help educators and providers better care for people with diabetes. Participation in this initiative offers organizations additional benefits and opportunities at no cost, including:

- Training on evidence-based diabetes curriculum
- Education materials and program resources
- Marketing of the DSME program and services
- Support for existing community groups offering DSME
- Assistance with data collection and analysis and standards of diabetes care
- Assistance with obtaining accreditation for an organization’s diabetes program
- Guidance in preparing educators for the Certified Diabetes Educator® exam

Join the Health for Life Network. Visit the TMF QIN-QIO website and locate the Health for Life – Everyone with Diabetes Counts Network, under the Networks tab, to learn more about this initiative. [http://www.tmfqin.org](http://www.tmfqin.org). Contact us at 1-800-725-2633 or email at HealthForLife@tmf.org.