Diabetes Self-Management Change Packet

This change package includes some key resources, created and produced by Qsource, your organization can use to improve chronic disease management and reduce unnecessary hospitalizations and emergency room visits within your patient or client population.

General Diabetes Resources

- Diabetes Resource Guide
- Making Healthy Food Choices
- Diabetes Zonal Tool
- Effects of Uncontrolled Diabetes
- Pre-Diabetes Word Search

Chronic Kidney Disease (CKD) Resources Related to Diabetes

- Kidney Vocabulary List
- Renal Failure Zone
- CKD Crossword Puzzle
- CKD Word Search
- CKD Matching Puzzle

Heart Health Resources Related to Diabetes

- High-Blood Pressure Zone Tool
- Blood Pressure Action Guide

Other Related Resources to Diabetes

- Surprising Link Between CKD, Diabetes and Heart Disease
- Exercise to Feel Better Crossword Puzzle
- Patient Guide - How to Choose Medical Care (English)
- Patient Guide - How to Choose Medical Care (Spanish)

To view these resources, visit **qio.qsource.org/resources**

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Diabetes-Related Podcasts

- Diabetes Distress - In this episode, Mary de Groot, Associate Professor of Medicine and Acting Director of the Diabetes Translation Research Center at Indiana University, defines diabetes-related distress and offers strategies for both patients and providers to manage it effectively.
- Cardiovascular Disease and Diabetes in Indiana - In this episode, Aliya Amin from the Cardiovascular and Diabetes Coalition of Indiana, discusses how cardiovascular disease impacts one in four Americans, focusing on Indiana. She also highlights the efforts of the Cardiovascular and Diabetes Coalition of Indiana.
- Diabetes and CKD - In this episode, speakers explore the connection between diabetes and chronic kidney disease (CKD), featuring personal journeys of two individuals living with both conditions. Dr. Scott Solcher, a nephrologist, provides insights on reducing the risk and progression of CKD.
- Diabetes and Depression - In this episode, Mary de Groot discusses how diabetes affects mental and physical health, identifies signs of depression in individuals with diabetes, and suggests screening tools for healthcare providers.
- Diabetes and Depression Treatment - In this episode, Mary de Groot and Lynn Maples discuss diabetes and depression treatment with Maples sharing his experiences as a new patient.

To view these resources, visit **www.qsource.org/podcasts**

Diabetes-Related Virtual Education/ Webinars

- Supporting Individuals with Diabetes Part 1 - This webinar discusses the importance of person-centered care when it comes to diabetes education, treatments, and medications.
- Managing Diabetes with Community Support Part 2 - In this webinar, you will learn about potential barriers that exist with diabetes education and prevention and services available in the community.
- Qsource's Diabetes Collaborative – The diabetes collaborative education and tools were developed for home health nurses to use at the homes where they provide care. The education and learning modules, created by Viven Health, can be used by anyone interested in sharpening their diabetes knowledge base. The Diabetes Collaborative web page lists upcoming session dates, recordings of past sessions, and the Viven Health Glucose Control education module link is also available. New videos and Viven Health Modules will be added after each diabetes collaborative session.

To view these resources, visit **www.qsource.org/webinars**

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