

February 1, 2010



## Message From the President

Dear Members of RMADE,

Welcome to another year with RMADE!! Happy New Year to all!

I want to start by thanking Stacey Seggelke, our President of 2009, for all her hard work throughout the year. We had wonderful member meetings and a very successful annual meeting this past September 2009. Also, I want to thank our Past President, Jenny Madrid. Though her duties are now over, she continues to be of great help and support. Last but not least, I want to thank our board members and active members of RMADE. We continue to have a wonderful organization because of you.

I would like for members to stay mindful of the RMADE mission statement as we embrace our work in the year 2010. The RMADE mission statement focuses on promoting the profession of diabetes education by growing new Educators, enhancing the skills of current educators, advocating for people with diabetes and the professionals that treat diabetes, and improving diabetes care in the Rocky Mountain Region.

Cheers to a great 2010!!

Wendy Askelson RD, CDE  
RMADE President 2010

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Check out our web site

## Updates on Health Care Reform

The U.S. Senate passed the Patient Protection and Affordable Care Act on Dec 24, 2009. This bill will prevent patients who have pre-existing illness to be excluded from insurance coverage. Therefore patients with diabetes will be guaranteed insurance coverage. The bill also contains important requirements for Type 2 Diabetes prevention.

The American Diabetes Association is NOT taking partisan position on health reform. ADA's interest is in making sure that any health reform legislation passed needs to protect access to health care for people with diabetes and emphasize prevention for those at risk of diabetes.

### What can you do?

Please go to [www.diabetes.org/health-care-reform](http://www.diabetes.org/health-care-reform) for ADA's health reform campaign and sign the petition to Congress around health care reform. By doing this, you will be signed up as a Diabetes Advocate and get information about key times to call, email, and meet with your Members of Congress.

## RMADE Member Meetings

Please join us at the next RMADE member meetings:

[Wednesday, February 17, 2010, 5:30-7:30pm](#)

"Diabetes Updates 2010", presented by Kim Krapek RN, CDE  
Porter Adventist Hospital  
Conference Center  
2525 South Downing Street  
Denver, CO 80210



Check out our web site  
[www.RMADE.org](http://www.RMADE.org)

[Wednesday, April 21, 2010, 5:30-7:30pm](#)

"Cystic Fibrosis Related Diabetes Mellitus", presented by Jennifer Janssen MD  
Porter Adventist Hospital  
Conference Center  
2525 South Downing Street  
Denver, CO 80210

[Wednesday, June 16, 2010, 5:30-7:30](#)

Dr. Richard E. Collins, MD, "The Cooking Cardiologist" Omega 3 fatty acids  
Porter Adventist Hospital  
Conference Center  
2525 South Downing Street  
Denver, CO 80210



Stay involved! We offer web-cast sites to help you attend meetings.

[Web-Cast Sites](#): Please contact coordinators for the exact location within the hospital prior to each meeting:

[Community Hospital, Grand Junction, CO](#)  
2021 N. 12<sup>th</sup> Street, Grand Junction, CO 81501  
Diabetes Education and Nutrition Services  
Terri Thompson, RN, BSN, CDE  
phone# 970 256 6381  
email: [tthompson@gjhosp.org](mailto:tthompson@gjhosp.org)

[Longmont United Hospital](#)  
1950 Mountain View Ave., Longmont, CO  
Outpatient Diabetes Program  
Dorothy Price, RN, CDE  
phone# 303-725-4955  
Email: [DPrice@luhcares.org](mailto:DPrice@luhcares.org)

[PVHS Center for Diabetes Services](#)  
[Poudre Valley Hospital](#)  
1024 S Lemay Ave, Fort Collins, CO 80524  
Office Number:970-495-8205  
Kathy Kosec RN,CDE  
phone# 970-495-8205-x1525  
Email: [kkk@pvhs.org](mailto:kkk@pvhs.org)  
Tammy Morrow RN, CDE  
phone# 970-495-8209  
Email: [tkm5@pvhs.org](mailto:tkm5@pvhs.org)

## Diabetes Events

### Colorado ADA events:

- Diabetes Expo, March 27<sup>th</sup> Colorado Convention Center
- Tour de Cure, August 21, 2010, Longmont CO,
- Step Out Walk to Fight Diabetes, October 23, Denver CO
- School Walk- [www.schoolwalk.diabetes.org](http://www.schoolwalk.diabetes.org)

### Other Colorado Professional events:

- For events with Colorado Diabetes Prevention and Control Program: [www.cdphe.state.co.us](http://www.cdphe.state.co.us)
- 2010 Keystone Conference, July 17 - 20, 2010 Keystone, Colorado: <http://www.childrensdiabetesfoundation.org/events>

### National Professional events:

AADE live webinars: [www.diabeteseducator.org](http://www.diabeteseducator.org)

- Feb 3, 2010, "Valuable Strategies for Vulnerable Populations"
- March 3, 2010, "Technology To Go: Information Systems and Diabetes Care"

AADE 37<sup>th</sup> annual meeting, Aug 4-7, 2010, San Antonio: [www.diabeteseducator.org](http://www.diabeteseducator.org)

ADA 70<sup>th</sup> scientific sessions, June 25-29, Orlando FL: [www.diabetes.org](http://www.diabetes.org)



Check out our web site  
[www.RMADE.org](http://www.RMADE.org)

## What is Motivational Interviewing?

Motivational Interviewing (MI) is a counseling technique that has been used in the management of behavioral change. The Motivational Interviewing Network of Trainers (MINT) was founded in 1995 and provides information, research findings, and training opportunities on their web site: [www.motivationalinterviewing.org](http://www.motivationalinterviewing.org). The AADE is also offering a live webinar on Motivational Interviewing in June 2, 2010. Please refer to their web site for exact date/time at [www.diabeteseducator.org](http://www.diabeteseducator.org).

Diabetes educators have been interested in using MI because it supports self management of diabetes care. MI focuses on allowing patients to come to their own realization of how to achieve behavioral changes that help improve diabetes self-care. There are four main components to MI that address what and how an educator discusses with a patient which includes: reflective listening, expressing empathy, rolling with resistance, and encouraging self-efficacy. Reflective listening takes the approach of asking open-ended questions. This approach helps the educator better understand the patient's perspective of diabetes care and health change. Educators can provide empathy to a patient by asking permission before giving advice. For example "if you don't mind, may I share some information?". MI encourages clinicians to roll with the resistance that a patient may have to lifestyle change by exploring the individual's personal values and goals. The key is to use dialogue that allows the patient find a connection between his/her personal goals and a target healthy behavior. Three keys to success are: (1) offer a menu of choices (2) take "reflection breaks," small bits of listening interspersed with the instruction, and (3) use conditional language i.e. substitute "I think" and "you should" with "One option you might consider" or "Perhaps you could start with". (Welch, G. et. al. Diabetes Spectrum 2006, 19 (1):5-11.).

## RMADE scholarship Program



The mission of the RMADE scholarship program is to advance the role of the Diabetes Educator in Colorado through advanced education.

### 2010 Scholarship opportunities

- Four scholarships of \$500.00 will be awarded to four members for registration at a national diabetes conference.
- Two awards of \$350.00 will be awarded to two persons taking the CDE or BCADM exam for the first time or for CDE or BCADM renewal.
- Five scholarships will be awarded to members for the purpose of attending the RMADE Annual Educational Meeting. The award will be used to pay the conference fee – (approx \$75.00). (No lodging or travel included.)

### Qualification, Application, and Reimbursement:

1. Applicants must be a member of RMADE.
2. Applicants are eligible for the same scholarship award only once every three years. For example, if you received a \$500 award in 2009, you are eligible to apply again for a \$500 scholarship in 2012. However, you may apply for a \$350 award or conference fee award in 2010 or 2011.
3. Applicants must complete the attached application and submit electronically by midnight on or before March 31st of each year. No late entries will be considered.
4. Scholarship awards will be announced via email and recognized at the RMADE Annual Educational Conference.
5. Activities which are eligible must occur within the current fiscal year. Applicants may apply for a scholarship for any activity which they have already attended or will attend in 2010.
6. RMADE treasurer will reimburse the recipient up to the total amount of the award after proper documentation has been received. If total registration fee is less than the scholarship granted, recipient may use remainder for diabetes/education related books. However, the entire amount must be submitted together, as only one check will be written by the treasurer for each recipient. Any remaining monies will be forfeited.

The award must be claimed within the current fiscal year which is January 1, 2010 – December 31, 2010. Late receipts will not be accepted

**\*\* Please see RMADE scholarship Application on the next page**



## RMADE Scholarship Application

Please e-mail completed application to [dorcaskipp@centura.org](mailto:dorcaskipp@centura.org) on or before **March 31, 2010**.

### 2010 Scholarship Application Form

1. Last name: \_\_\_\_\_ First Name: \_\_\_\_\_

2. Credentials: CDE? Yes \_\_\_ No \_\_\_\_\_. If so, for how many years? \_\_\_\_

Have you received the BCADM credential? Yes \_\_\_ No \_\_\_\_

Please indicate which of the following credentials you have?

\_\_\_ RN \_\_\_ RD \_\_\_ Pharmacist \_\_\_ Psychologist

\_\_\_ Nurse Practitioner \_\_\_ MD \_\_\_ MSW

\_\_\_ Other, please specify \_\_\_\_\_

3. I am a member of RMADE. Yes \_\_\_ No \_\_\_\_\_

4. I have attended an AADE Annual Educational Meeting. Yes \_\_\_ No \_\_\_\_\_

5. I am employed as a Diabetes Educator. Yes \_\_\_ No \_\_\_\_\_

6. Indicate hours per year that you volunteer (off duty) for RMADE \_\_\_\_\_

7. I have attended or will attend the following educational opportunity in the current calendar year (January 1, 2010 – December 31, 2010). I am applying for the following scholarship award:

\_\_\_ \$500.00 Award to be used for attendance at a national diabetes conference (AADE, ADA).

\_\_\_ \$350.00 Award to be used for fees associated with taking or renewing the CDE or BCADM

8. Include an essay limited to 250 words.

Why should you be awarded this scholarship?

How will you use it to advance the role of the Diabetes Educator in Colorado OR advance your professional interest in diabetes education, care, and management?

Approved July 2003

Revised July 2004

Revised July 2007

Revised December 2008

Revised November 2009

Revised January 2010



## AADE Foundation scholarships and awards 2010

The AADE Foundation offers annual meeting scholarships which provide qualified AADE members with complementary registration and travel/accommodations to the AADE Annual Meeting. Applications are available on the AADE website-[www.diabeteseducator.org](http://www.diabeteseducator.org) under the AADE Foundation tab click on "Awards and Scholarships".

Also, the Foundation is offering the following Awards for 2010: members may nominate themselves or their colleagues.

1. Diabetes Educator of the Year– sponsored by LifeScan
2. Outstanding Chapter of the Year– sponsored by BD
3. Advocacy Award= sponsored by Novo Nordisk
4. Innovation in Practice Award– sponsored by Bayer
5. Rising Star Award– sponsored by Roche

Deadlines for the Awards application is Monday March 1, 2010. Applications are found on AADE web site-[www.diabeteseducator.org](http://www.diabeteseducator.org), under AADE Foundation tab, click on "Awards and Scholarships".



### RMADE Educator of the Year 2010



RMADE members can nominate someone as RMADE educator of the Year! Look for nomination forms in the June newsletter. Start thinking about the fabulous educator you would like to nominate. The winner will be announced at the Annual Educational Meeting in September.

Nominees must be an active member of RMADE, working in diabetes education, and demonstrate a contribution of growth and development in the field of diabetes education.

Next RMADE newsletter - April 1, 2010