

## WHAT A DIETITIAN NEEDS TO KNOW ABOUT DIABETES IN 2018

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## MEAL PLANNING

Cynthia Overturf



## MEAL PLANNING OVERVIEW

- ❖ Goals for Meal Planning
  - Type 1 Diabetes
  - Diabetes and Pregnancy
  - Type 2 Diabetes
- ❖ Options for Meal Plans with Type 2 Diabetes



## MEAL PLANNING IN 2018

There is no “diabetic diet”



## DIABETES MEAL PLANNING “PEARLS”

- ❖ Do Not Complicate
- ❖ Changes Need to Be Life Long
- ❖ Weight Maintenance is Okay
- ❖ Celebrate ANY Weight Loss in Overweight Clients



## GOALS FOR DM MEAL PLANNING

- ❖ Optimal Blood Glucose Control
- ❖ Weight Goals
- ❖ Co-morbid Conditions
- ❖ Diabetes Complications
- ❖ Healthy Food Choices



## TYPE 1 DIABETES

Children and Teens

- Carbohydrate Counting
- Calories for Growth

Adults

- Carbohydrate Counting/Meal Size
- Calories for Healthy Weight



## DIABETES AND PREGNANCY

### Type 1 Diabetes

- Carbohydrate Counting
- Weight Gain Appropriate for Pregnancy and Body Weight

### Type 2 and Gestational Diabetes

- General Guidelines and/or Carbohydrate Counting
- Weight Gain Appropriate for Pregnancy and Body Weight



## GENERAL GUIDELINES WITH PREGNANCY AND DIABETES

- ❖ Limit Carbohydrate at Breakfast
- ❖ Best Food Choices at Breakfast
- ❖ Minimize Concentrated Sweets and Sugars
- ❖ Spread Food into 5-6 Meals and Snacks



## TYPE 2 DIABETES

- ❖ Weight Management (Including Maintenance)
- ❖ Many Meal Plan Options



## OPTIONS FOR MEAL PLANNING

- ❖ Healthy Food Choices
- ❖ Portion Control
- ❖ Counting
- ❖ Menus/Weight Loss Programs
- ❖ Behavioral/Support
- ❖ Elimination Meal Plans



## HEALTHY FOOD CHOICES

- ❖ Reduce High Sugar Foods
- ❖ Partnership to Improve Diabetes Education (PRIDE)
- ❖ Glycemic Index
  
- ❖ My Plate
- ❖ Mediterranean Diet
- ❖ Dietary Approaches to Stop Hypertension (DASH)
- ❖ Vegan Diet



## PORTION CONTROL

- ❖ Eat Less Food (ELF Diet)
- ❖ Zimbabwe Hand Jive
- ❖ Plate Method Adapted for Diabetes
- ❖ Intermittent Fasting



## COUNTING

- ❖ Calories
- ❖ Carbohydrates
- ❖ Fat
- ❖ Food Records
- ❖ Points



## MENUS/WEIGHT LOSS PROGRAMS

- ❖ Diabetes Meals for Good Health, 2<sup>nd</sup> Edition by Karen Graham
- ❖ Weight Watchers
- ❖ Nutrisystem
- ❖ Jenny Craig
- ❖ Slim Fast
- ❖ Dinners Done Right
- ❖ Mail Order Meals like Blue Apron



## BEHAVIORAL/SUPPORT

- ❖ Overeaters Anonymous
- ❖ Mindful Eating
- ❖ Intuitive Eating



## ELIMINATION

- ❖ Atkins Diet
- ❖ South Beach Diet
- ❖ Keto Diet
- ❖ No Sugar, No Flour
- ❖ No White Foods (Refined Foods)
- ❖ Gluten Free



## OTHER IDEAS?



## NOT RECOMMENDED

- ❖ HCG Diet



## MEAL PLANNING

There is no “diabetic diet”



## DIABETES MEAL PLANNING “PEARLS”

- ❖ Do Not Complicate
- ❖ Changes Need to Be Life Long
- ❖ Weight Maintenance is Okay
- ❖ Celebrate ANY Weight Loss in Overweight Clients
- ❖ Other Suggestions?



## INTENSIVE BEHAVIORAL THERAPY - IBT AND MNT AND DSMES CODING/BILLING

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Diabetes Program Coordinator  
Benefis Health System

## Intensive Behavioral Therapy (IBT) Part 1

## MEDICARE IBT SERVICE

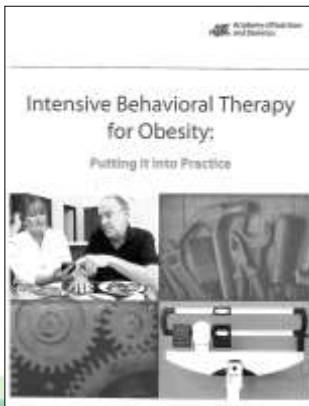
- Screening and counseling for obesity:
  - BMI > 30 kg/m<sup>2</sup>
- Medicare Part B benefit
- Provided in a primary care setting
- Provided by PCPs or “Auxiliary personnel”
- Up to 22 visits in a 12-month period – “rolling year”

## CMS GUIDELINES

- National Coverage Determination (NCD) for Intensive Behavioral Therapy for Obesity
- <http://www.cms.gov/medicare-coverage>

## INTENSIVE BEHAVIORAL THERAPY FOR OBESITY: PUTTING IT INTO PRACTICE

- Nailing Down the Basics of the IBT Benefit
- Case Studies from Master Builders
- Your IBT for Obesity Toolbox
- Aligning Yourself with the PCP
- Creating the Blueprint to Build Your Practice
- Measuring Effectiveness
- Wrench, Hammers, and Screws: Further Resources & Tools
- **Resource:** Academy of Nutrition and Dietetics, 2017 publication



## IBT VISIT GUIDELINES

- Month 1: 1 visit/week
- Months 2 - 6: 1 visit/every other week
- At the 6 month visit, 3 kg (or more) weight loss required to qualify for additional visits.
- **If 3 kg loss is not met**, must wait 6 months to requalify for IBT services.

## IBT VISIT GUIDELINES (CONTINUED)

- Months 7 – 12: 1 visit/month
- Up to 22 visits in a 12-month time period, “rolling year”
- Can qualify for additional 22 visits – (second year) if BMI is over 30.

IBT Checklist				
With each visit:				
1. Conduct weight check for 10 consecutive				
2. Conduct activity check for 10 consecutive				
3. Conduct behavior check for 10 consecutive				
4. Conduct health check for 10 consecutive				
5. Conduct diet check for 10 consecutive				
6. Conduct physical check for 10 consecutive				
7. Conduct mental check for 10 consecutive				
8. Conduct social check for 10 consecutive				
9. Conduct family check for 10 consecutive				
10. Conduct community check for 10 consecutive				
11. Conduct environmental check for 10 consecutive				
12. Conduct cultural check for 10 consecutive				
13. Conduct spiritual check for 10 consecutive				
14. Conduct religious check for 10 consecutive				
15. Conduct ethical check for 10 consecutive				
16. Conduct moral check for 10 consecutive				
17. Conduct legal check for 10 consecutive				
18. Conduct political check for 10 consecutive				
19. Conduct economic check for 10 consecutive				
20. Conduct social check for 10 consecutive				
21. Conduct cultural check for 10 consecutive				
22. Conduct environmental check for 10 consecutive				
23. Conduct cultural check for 10 consecutive				
24. Conduct environmental check for 10 consecutive				
25. Conduct cultural check for 10 consecutive				
26. Conduct environmental check for 10 consecutive				
27. Conduct cultural check for 10 consecutive				
28. Conduct environmental check for 10 consecutive				
29. Conduct cultural check for 10 consecutive				
30. Conduct environmental check for 10 consecutive				
Month 1	Weight	Change/Change	Weight/BMI	Requirement
Month 2	Weight	Change/Change	Weight/BMI	Requirement
Month 3	Weight	Change/Change	Weight/BMI	Requirement
Month 4	Weight	Change/Change	Weight/BMI	Requirement
Month 5	Weight	Change/Change	Weight/BMI	Requirement
Month 6	Weight	Change/Change	Weight/BMI	Requirement
Month 7	Weight	Change/Change	Weight/BMI	Requirement
Month 8	Weight	Change/Change	Weight/BMI	Requirement
Month 9	Weight	Change/Change	Weight/BMI	Requirement
Month 10	Weight	Change/Change	Weight/BMI	Requirement
Month 11	Weight	Change/Change	Weight/BMI	Requirement
Month 12	Weight	Change/Change	Weight/BMI	Requirement

## IBT CHECKLIST (CONTINUED)

## IBT CURRICULUM – TOPIC IDEAS

- ❖ Reasons for wanting to lose weight –  
What is your why?
- ❖ Keeping food records
- ❖ Managing Portions
- ❖ Healthy Grains/Fiber
- ❖ Healthy Fats
- ❖ Healthy Proteins

## TOPIC IDEAS (CONTINUED)

- ❖ Increasing Fruits and Veggies
- ❖ Eating Out
- ❖ Grocery Shopping
- ❖ Hydration
- ❖ Stress Management
- ❖ Physical Activity
- ❖ Special Events/Holidays

## 5-A'S APPROACH FOR OBESITY

--ADOPTED BY US PREVENTIVE SERVICES TASK FORCE (USPSTF)

- **Assess:** behavioral health risk(s) & factors affecting choice of behavior change goals
- **Advise:** personalized behavior change advise
- **Agree:** collaborative goals & willingness to change
- **Assist:** develop skills, confidence, support for sustained behavior changes
- **Arrange:** follow up contacts

## IBT BILLING REQUIREMENTS

- Provided in a primary care setting
- Provided by PCP providers, but can be furnished by “ancillary personnel”. RDs can be considered “ancillary personnel”
- Ancillary personnel bill as “incident to” – work with your business office to set it up.

## IBT CPT CODES

- **GO447** – Behavioral Counseling for Obesity, face-to-face, **individual**, 15 minutes
- **GO473** – Behavioral Counseling for Obesity, face-to-face, **group**, 30 minutes
- **Medicare:** 1 unit per visit. 22 visits allowed in a 12 month time period “rolling year”.

## MNT and DSMES Coding/Billing Part 2

## CODING AND REIMBURSEMENT: MNT AND DSMT (DSMES)

- Medical Nutrition Therapy (MNT)
- Diabetes Self Management Education and Support (DSMES)
  - previously called DSMT, but coding continues to use for billing

## MEDICAL NUTRITION THERAPY (MNT) CPT CODES

- **97802** – MNT; initial assessment & intervention, **individual**, face-to-face, 15 minute increments.
  - Medicare: Use for -1st visit individual visit
- **97803** – MNT; re-assessment & intervention, **individual**, face-to-face, 15 minute increments.
  - Medicare: Use for 2nd & subsequent individual visits

## MNT CPT CODES (CONTINUED)

- **97804** – MNT; **group** (2 or more), 30 minute increments.

### Allowable/Billable Medicare Hours:

- 1st calendar year of services, 3 hours
- 2nd and subsequent years: 2 hours
- Deductible and co-payment is waived for MNT

## MEDICARE COVERED DIAGNOSES

- Diabetes
- Non-dialysis kidney disease
- Kidney transplant (36 months post)

## NEED FOR ADDITIONAL HOURS?

- Additional hours are considered medically necessary and covered, IF . . .
  - the treating physician determines there is a **change** in medical condition, diagnosis, or treatment regimen.

## MNT SPECIAL CIRCUMSTANCES -- EXAMPLE

- Significant increase in A1c, hypertension, eating disorder, CHF, dyslipidemia, or a new onset of a diabetes complications.
- IF provider orders additional MNT,
- THEN additional hours – can be provided in the same year as the MNT hours

## MNT CPT CODES (CONTINUED)

- **G0270** – MNT, reassessment & subsequent intervention(s) following 2nd referral in the same year for change in diagnosis, medical condition or treatment regimen, **individual**, face-to-face, 15 minute units
- **G0271** – MNT, reassessment & subsequent intervention(s) following 2nd referral in the same year for change in diagnosis, medical condition or treatment regimen, **group**, 30 minute units

## DIABETES SELF MANAGEMENT TRAINING (DSMT) CODES

- **G0108** – Diabetes out-patient self-management training services, **individual**, 30 minute units.
- *Medicare: 1 hour allowed in initial year, unless special needs are documented:*
  - No group session is available within two months of the date the training is ordered
  - Hearing, vision, cognitive disabilities
  - Additional insulin training needed

## CODES (CONTINUED)

- **G0109** – Diabetes out-patient self-management services, **group** (2 – 20 patients with diabetes), 30 minute units.
- *Medicare: Up to 9 hours of group in the initial 12 months. One-time Medicare benefit.*

## FOLLOW UP VISITS

- Follow – up visits:
  - 2 hours of either G0108 and/or G0109 in the following 12 months – “rolling year”.
- Can not bill MNT and DSMES services on the same day.

## DSMT CPT BILLING

- Can only be provided and billed in an accredited/recognized diabetes program
  - American Association of Diabetes Educators (AADE) - *Diabetes Education Accreditation Program*
  - American Diabetes Association (ADA) - *Diabetes Recognition Program*



## MEDICARE FEE SCHEDULE - 2018

Diabetes & Nutrition Codes	Default CPT/ HCPCS Codes	MCR Fee Schedule
MED NTR TX INITIAL INDV 15 MN	97802	\$35.73
MED NTR TX REASSES IND 15 MN	97803	\$31.05
MED NTR TX GROUP 30 MN	97804	16.43
CONT GLUCOSE MONITORING SYS	95250	\$113.69
TEL MED NTR INIT INDV 15	97802	\$35.73
TEL MED NTR REASSES IND 15	97803	\$31.05
TEL MED NTR TX GROUP 30	97804	\$16.43
DB SELF MGMT TRNG IND 30 MIN	G0108	\$55.27
TEL DB SELF MGMT TRNG IND 30	G0108	\$55.27
DB SELF MGMT TRNG GRP 30 MIN	G0109	\$14.99
TEL DB SELF MGMT TRNG GROUP 30	G0109	\$14.99
IBT, INDV, 15 MIN	G0447	\$71.94
IBT, GROUP, 30 MIN	G0473	\$71.94
MED NTR TX, CHGE DX IND 15 MIN	G0270	\$31.05
MED NTR TX, CHGE DX GRP 30 MIN	G0271	\$16.43

## ICD -10 DIAGNOSES

- E10. \_\_ Type 1 diabetes
- E11. \_\_ Type 2 diabetes
- O.24 \_\_ Gestational Diabetes
- E66. \_\_ Obesity/Overweight

## PROVIDER ORDERS

- PCP writes the orders.
- As a health care provider treating this patient's condition, I certify that diabetes self-management training/medical nutrition is needed under a comprehensive plan of care to ensure therapy compliance and/or to provide the necessary knowledge/skills the patients needs to manage his/her condition.

## REFERRAL FORM

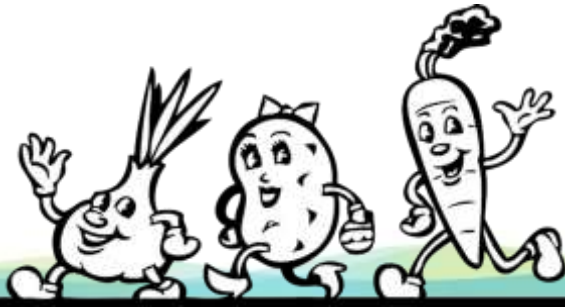
“Diabetes Self-Management Education/Training and Medical Nutrition Therapy Services Order Form”  
(see next slide for sample)

- *Resource: AADE & AND (to be revised)*

## ADDITIONAL RESOURCE

- “Diabetes Services Order Form Backgrounder on Diabetes Self-Management Education/Training and Medical Nutrition Therapy Services” --  
→ *available online*
- *Resource: AADE & AND*

# THANK YOU

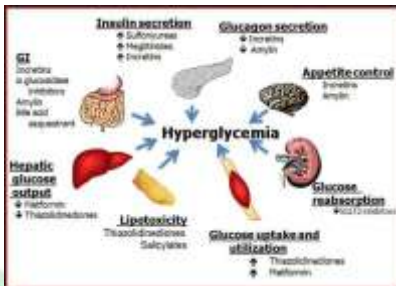


## DIABETES MEDS AND NEW TECHNOLOGY

Sue Larson



## DIABETES MEDICATIONS



Source: [www.diabetes.co.uk](http://www.diabetes.co.uk)



## DIABETES MED RESOURCES



Source: [www.diabetesed.net](http://www.diabetesed.net)



## DIABETES MED RESOURCES



Source: [www.diabeteseducator.org](http://www.diabeteseducator.org)



## DM MEDS AND HYPOGLYCEMIA

- All Insulins
- Sulfonylureas and Meglitinides
  - Stimulates insulin release
  - glipizide, glimepiride, glyburide
  - repaglinide and nateglinide
- Combination diabetes meds that contain any of these



## HYPOGLYCEMIA

- Teach clients about symptoms and treatment
- Have examples of treatment available
- Be prepared to treat hypoglycemia in your work area



Source: <http://www.aadimedlab.com/diabetes-patient-support/education.html?set=4&f2ce=Diabetes%20Weeks>



## PREMIXED INSULINS

- Eat 3 meals/day at regular times
- Don't skip meals
- Eat lunch
- Eat HS snack



## METFORMIN

- First line therapy for Type 2 DM
- Side effects: nausea, diarrhea, bloating
- Take with food to minimize GI side effects
- Immediate vs extended release



## PERSONAL CONTINUOUS GLUCOSE MONITORING (CGM)

- Measures glucose every 1 or 5 min 24/7
- Provides glucose trends and rate of change
- Can help reduce A1c and hypoglycemia



## CONTINUOUS GLUCOSE MONITORING

- Dexcom
- Freestyle Libre
- Medtronic Guardian Connect  
Available summer 2018



## DEXCOM CGM

- Can set custom alerts for low and/or high glucose
- Can send data to receiver or smart phone
- Can share data with family and HCP
- Age 2+



Source: [www.dexcom.com](http://www.dexcom.com)



## DEXCOM

G5: 7 day sensor  
2 calibrations per day

G6: 10 day sensor  
No calibrations



Source: [www.dexcom.com](http://www.dexcom.com)

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## FREESTYLE LIBRE

- 10 day sensor
- No calibrations
- Lacks glucose level alerts/alarms
  - May be referred to as intermittent or “flash” glucose monitoring
- Can't share data
- Age 18+



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## MEDTRONIC GUARDIAN CONNECT

- 7 day sensor
- 3-4 calibrations/day
- Ages 14-75
- Can share data
- Can set custom alerts



Source: [www.midiabetes.cl](http://www.midiabetes.cl)

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## HYBRID CLOSED LOOP THERAPY

- Medtronic 670G System
- Insulin pump + CGM + insulin dosing algorithm
  - Suspend Before Low
  - Auto Mode
  - Manual mode



Source: <https://www.medtronicdiabetes.com/products/mini670g-insulin-pump-system>

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## REALITY CHECK

- George with Type 2
- Helen with Type 1

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## PANEL DISCUSSION AND Q AND A

- Cynthia
- Deb
- Sue
- George
- Helen

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