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## *Clinical Champion Update*

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*Date: 7/6/21*

*Subject: Diabetes*

The most important weapons we have to fight/control diabetes are not pharmaceuticals, but lifestyle interventions.

At VMG we have many tools/supports to help our patients make positive lifestyle changes. All centers now have IBH staff that can be called upon to come in during a visit to talk to patients about what may be contributing to their inability to lose weight or increase exercise. Many of us have been trained in Motivational Interviewing techniques that have been proven to assist patients with lifestyle changes. Collaboration and setting realistic and achievable goals is key. For example, instead of saying “I want you to lose weight before I see you next month”, ask the patient to set a measurable and realistic goal that they feel is attainable. (i.e. I want to cut out all soda and see how that affects my blood sugar levels).

Finally, as practitioners we need to emphasize the importance of exercise to help with blood sugar management, weight loss, BP control and overall health. Exercise Is Medicine is a way to document for the patient what the mutual goals are for exercising and to help them see this as being just as important as taking medications for their diabetes. Prescribe the Y is another way to reinforce the importance of regular daily exercise and gives patients a safe and non-threatening environment in which to start working out. See the attached links and start using these to help your patients understand that exercise is essential in managing diabetes. We are working to have these included in “Print Forms” in the EMR.

Prescribe the Y (Hampshire and Franklin County links):

<https://www.hrymca.org/wp-content/uploads/2020/02/Prescribe-the-Y-referral.pdf>

<https://your-y.org/prescribe-the-y/>

Exercise is Medicine Prescription:

[https://www.exerciseismedicine.org/assets/page\\_documents/EIM%20Prescription%202018%20pad%202-up.pdf](https://www.exerciseismedicine.org/assets/page_documents/EIM%20Prescription%202018%20pad%202-up.pdf)

### **Coding Pearl:**

If you have a patient with frequent episodes of hypoglycemia and you are seeing them to adjust their insulin dosing, and you put in your note wording such as “the risk of severe hypoglycemia is a

current and significant concern”, this increases the complexity of your medical decision making and you can upcode to a 99215 if appropriate.

**Thank you,**

**Betsy Green NP and Trisha Rogers PA**

**Diabetes Clinical Champions**