

Testimony in support of HB6237: AN ACT ADOPTING THE RECOMENDATIONS OF THE DIABETES ADVISORY COUNCIL.

My name Barbara Nadolny, I am a Registered Nurse and Certified Diabetes Educator. I am the Coordinator of the Outpatient Diabetes Education Program at Stamford Hospital. I am also the Legislative Co-Chair for The Connecticut Alliance of Diabetes Educators. I am providing this testimony on behalf of the people of Connecticut that have diabetes and also have Medicaid. I am advocating for Medicaid to cover Diabetes Self-Management Education/Training.

Studies have shown that Diabetes self-management education taught in an accredited Diabetes Education Program can significantly reduce blood glucose levels. People with diabetes learn the skills needed for diabetes self-care which includes monitoring, taking medications, healthy eating, being active and reducing risks. Diabetes Education is the missing piece of diabetes care for patients with Medicaid and yet it is the key to living well with diabetes.

Diabetes self-management education is covered by Medicare and there is a state mandate that all Connecticut-based insurance plans also cover it. Essentially the only residents that do not have coverage for diabetes education are our Medicaid recipients.

I would like to share a few patient stories to demonstrate how diabetes education can improve health and save costs.

- 1) A patient was sent to see me after having uncontrolled diabetes for 18 months. His doctor an Endocrinologist had added both long acting and rapid acting insulin- 4 injections per day. His glucose did not improve so they increased his insulin doses several times. After 18 months he was sent to me and within 5 minutes of the appointment I understood the problem. The person was not pressing the button on the insulin pen so he was never getting any insulin. I asked him how long the insulin pen lasted and he told me he read the directions carefully and he knew that after 1 month he should discard the pen and open a new one. This person was an attorney and very intelligent. This person threw out his insulin for 18 months and had poor control of his diabetes until he was seen by a Certified Diabetes Educator!
- 2) I saw a patient last week who was unconscious from hypoglycemia and hospitalized for several days. When I assessed what he was doing I realized he had not been taking insulin correctly and had been injecting a syringe full of air for months. The Doctor kept increasing the dose but the patient kept injecting air until that day when he did something different and he got some insulin in the syringe and he almost killed himself. If he had taken the prescribed dose he would have killed himself. Diabetes Education early on would have avoided all these potentially life threatening problems.
- 3) Another patient I saw last week was prescribed new concentrated insulin. It only comes in a pen because it is so concentrated which makes it dangerous and the pen eliminates error. The patient was not prescribed pen needles so when she was home and read the directions she realized she was missing the pen needles but she wanted to start the new medicine. She took a syringe and drew out the insulin and injected it. She actually took triple the dose prescribed by doing this and she ended up admitted to the hospital with hypoglycemia. She had not been seen in diabetes education or instructed on the use of this new insulin. One visit with a diabetes educator could have avoided this.
- 4) A patient I saw last week was testing his blood glucose 6x/day. Each tests trip costs approximately \$1- or \$42/week. He had been doing this for several years. When I assessed his diabetes control and his medications I found he had no risks of hypoglycemia and his diabetes was in control range. When I asked him why he was testing so often he replied "that is what I was told to do but my fingers hurt and I hate it". I was able to change his plan of care and decrease his blood glucose monitoring to 1x/day. This improved his quality of life and saved his insurance company \$35/week. Diabetes Education provided by Certified Diabetes Educators in accredited programs can help save health care dollars, prevent unnecessary hospitalizations, improve quality of life and prevent long term complications..

I urge you to support this bill to provide Medicaid recipients coverage for Diabetes Self-Management Education/Training.

Thank You,
Barbara Nadolny, BSN, RN, CDE
bnadolny@stamhealth.org

American Diabetes Association Recognized Diabetes Education Programs in Connecticut

CT based insurances and Medicare part B must cover diabetes education. Co-pays and deductibles apply. A physician/qualified non-physician referral is required.

List is in alphabetical order by town/city. See also list of American Association of Diabetes Educators Accredited programs on page 3.

Sponsoring Organization: Yale New Haven Health System

Site/Program Name: Bridgeport Hospital

Address: 267 Grant Street, Bridgeport, CT, 06610

Phone: 203-384-4553

<https://www.bridgeporthospital.org/>

Diane.sheehan@bpthosp.org

Sponsoring Organization: Bristol Hospital

Site/Program Name: Living Well with Diabetes-Education and Self-Management

Address: 102 North Street, Bristol, CT, 06010

Phone: 860-940-6300

<http://www.bristolhospital.org/Services/Diabetes-Care/ADA-Recognition.aspx>

meverett@bristolhospital.org

Sponsoring Organization: Western Connecticut Health Network

Site/Program Name: The Diabetes Self-Management Program of Danbury Hospital

Address: 41 Germantown Road, Suite B03, Danbury, CT, 06810

Phone: 203-739-4980

<http://www.danburyhospital.org/departments/diabetes-and-endocrinology-services-at-danbury-hospital>

nancy.salem@wchn.org

Sponsoring Organization: Griffin Faculty Physicians

Site/Program Name: Live Well Diabetes Self-Management Workshop

Address: 67 Maple St Derby, CT 06418

Phone: 203-732-1137

MSwansiger@Griffinhealth.org

Note: Must be patient of Griffin Faculty Physicians, request referral from your provider

Sponsoring Organization: University of Connecticut Health Center

Site/Program Name: Diabetes Self-Management Education Program

Address: 263 Farmington Avenue, Farmington, CT, 06030

Phone: 860-679-3245

<http://health.uconn.edu/diabetes/diabetes-self-management-education-program/>

Sponsoring Organization: Yale New Haven Health System
Site/Program Name: Greenwich Hospital Center for Behavior & Nutritional Health
Address: 55 Holly Hill Lane, Greenwich, CT, 06830
Phone: 203-863-2939
<https://www.greenwichhospital.org/services/diabetes-endocrinology.aspx>
Joshua.hrabosky@greenwichhospital.org

Sponsoring Organization: Saint Francis Hospital and Medical Center
Site/Program Name: Diabetes Care Center
Address: 114 Woodland Street, Hartford, CT, 06105
Phone: 860-714-4402
<https://www.stfranciscare.org/diabetes/>
CDmc@st.franciscare.org

Sponsoring Organization: Community Health Services, Inc.
Site/Program Name: Diabetes Self-Management Education Program
Address: 500 Albany Avenue, Hartford, CT, 06120
Phone: 860-249-9625 (Press 0)
www.chshartford.org/
Elaine Hamilton, RD, CDE

Sponsoring Organization: Hartford Hospital
Site/Program Name: Diabetes Life Care Center at Hartford Hospital
Address: 85 Seymour Street, Hartford, CT, 06102-5037
Phone: 860-972-3526
<https://hartfordhospital.org/File%20Library/Services/Diabetes/group-class-outline-of-topics.pdf>

Sponsoring Organization: Eastern Connecticut Health Network, Inc.
Site/Program Name: Manchester Memorial Hospital
Address: 71 Haynes Street, Manchester, CT, 06040
Phone: 860-647-6824
<http://www.echn.org/Services/Diabetes.aspx>

Sponsoring Organization: MidState Medical Center
Site/Program Name: Diabetes Self-Management & Nutrition Center
Address: 61 Pomeroy Avenue, Meriden, CT, 06450
Phone: 203-694-5425
https://www.midstatemedical.org/services_clinical_diabetes.aspx
Kathy.wietrak@hhchealth.org

Sponsoring Organization: Middlesex Hospital
Site/Program Name: Diabetes Self-Management Education Program
Address: 28 Crescent Street, Middletown, CT, 06457

Phone: 860-358-5421

<https://middlesexhospital.org/our-services/hospital-services/diabetes>

Sponsoring Organization: The Hospital of Central Connecticut

Site/Program Name: Diabetes Center

Address: 100 Grand Street, New Britain, CT, 06050

Phone: 860-224-5672

<http://thocc.org/services/diabetes-endocrinology>

Sponsoring Organization: Yale New Haven Health System

Site/Program Name: Hospital Outpatient Services

Address: 20 York Street, New Haven, CT, 06504

Phone: 203-688-2422

nutrition@ynhh.org

Sponsoring Organization: Lawrence & Memorial Hospital Medical Group

Site/Program Name: Joslin Diabetes Center affiliate at Lawrence & Memorial Hospital

Address: 194 Howard Street, New London, CT, 06320

Phone: 860-444-4737

<http://www.joslin.org/ape/default.asp>

joslin@lmhosp.org

Sponsoring Organization: New Milford Hospital

Site/Program Name: Diabetes Self-Management Education Program

Address: New Milford Hospital 21 Elm Street New Milford, CT, 06776

Phone: 860-210-5393

<http://www.newmilfordhospital.org/departments/diabetes-endocrinology-and-nutrition-services-at-new-milford-hospital/diabetes-endocrinology-and-nutrition-services/nutrition-services-and-classes>

mmacdonnell@unidine.com

Sponsoring Organization: Norwalk Hospital

Site/Program Name: Diabetes Self-Management Education Program

Address: 34 Maple Street, Norwalk, CT, 06856

Phone: 203-852-2181

<http://www.norwalkhospital.org/departments/diabetes-and-endocrinology-services-at-norwalk-hospital>

Sponsoring Organization: William W. Backus Hospital

Site/Program Name: Diabetes Self-Management Education Program

Address: 111 Salem Turnpike, Norwich, CT, 06360

Phone: 860-892-6906

<https://backushospital.org/our-services/endocrinology/programs-classes/>

Sponsoring Organization: Lawrence & Memorial Hospital Medical Group
Site/Program Name: Joslin Diabetes Center affiliate at Lawrence & Memorial Hospital
Address: 91 Voluntown Road, Stonington, CT, 06379
Phone: 860-444-3366
<https://www.lmhospital.org/locations/stonington.aspx>
joslin@lmhosp.org

Sponsoring Organization: The Stamford Hospital
Site/Program Name: Diabetes Self-Management Education Program
Address: 292 Long Ridge Rd., Stamford, CT, 06902
Phone: 203-276-7286
www.stamfordhealth.org
Bnadolny@stamhealth.org

Sponsoring Organization: Charlotte Hungerford Hospital
Site/Program Name: Hungerford Diabetes Center
Address: 780 Litchfield Street, Torrington, CT, 06790
Phone: 860-489-0661, Ext. 4
<http://www.charlottehungerford.org>
lpelletier@hungerford.org

Sponsoring Organization: VA Healthcare System/VA Connecticut
Site/Program Name: Diabetes Self-Management Education Program
Address: 950 Campbell Avenue West Haven, CT, 06516
Phone: 203-932-5711 Ext. 5189
www.connecticutva.gov
Karen.didomenico@va.gov

Sponsoring Organization: Windham Community Memorial Hospital and Hatch Hospital Corporation
Site/Program Name: Windham Community Hospital Diabetes Education Program
Address: 112 Mansfield Avenue Willimantic, CT, 06226
Phone: 860-456-6727
www.windhamhospital.org
Karen.barbone@hhchealth.org

American Association of Diabetes Educators Accredited Programs in Connecticut

Sponsoring Organization: Connecticut Children's Medical Center
Site/Program Name: Endocrinology
Address: 85 Seymour St, Hartford CT, 06106
Phone: 860-545-9370
www.connecticutchildrens.org
jpedersen@connecticutchildrens.org

Sponsoring Organization: Bethel Healthcare and Rehabilitation
Site/Program Name: Diabetes Education
Address: 13 Parklawn Dr., Bethel, CT, 06801
Phone: 203-830-4180
www.bethelhealthcare.com
laurief@bethelhealthcare.com

Sponsoring Organization: New Milford VNA
Site/Program Name: Diabetes Education
Address: 68 Park Lane, New Milford, CT, 06776
Phone: 860 354-2216
www.newmilfordvna.org
dcook@newmilfordvna.org

Sponsoring Organization: Connecticut Community Care Inc.
Site/Program Name: Live Well
Address: 43 Enterprise Dr., Bristol, CT, 06010
Phone: 860-589-6226
https://www.ctcommunitycare.org/Content/Live_Well_with_Diabetes_1.asp
[Sherry Ostrout \(sherry.ostrout@ctcommunitycare.org\)](mailto:Sherry.Ostrout@ctcommunitycare.org)

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States that Cover Diabetes Self-Management Education under their Medicaid Program

Hawaii
Washington
Oregon
Nevada
Idaho
Montana
Wyoming
Colorado
New Mexico
North Dakota
South Dakota
Minnesota
Iowa
Missouri
Louisiana
Mississippi
Wisconsin
Michigan
Indiana
Kentucky
Tennessee
West Virginia
South Carolina
North Carolina
Delaware
Maryland
Pennsylvania
New York
Massachusetts
Vermont
Maine

This list is based on information compiled by the American Association of Diabetes Educators and the National Association of Chronic Disease Directors.