

# INTERNATIONAL DIABETES CENTER

A LEADER IN DIABETES INNOVATION, EDUCATION AND RESEARCH





ADAM PETERS

**ANGIE AND MIKE PETERS WERE STUNNED WHEN THEY LEARNED THEIR TEENAGE SON, ADAM, HAD TYPE 1 DIABETES.** Like any parents, they worried how diabetes would affect Adam's future. But Adam is pragmatic about it and has taken control of his disease. He knows he must manage his blood sugar carefully or suffer debilitating consequences.

Adam doesn't have time to let diabetes slow him down. An athlete in swimming, cross country and tennis, he is also on the speech team and in the select jazz choir. Adam keeps it all in check with the help of his great care team at Park Nicollet – a leader in patient-centered diabetes care. Working with Park Nicollet endocrinologists and certified diabetes educators, Adam takes advantage of the latest advances in medicine and technology.

International Diabetes Center at Park Nicollet pioneered the team-based model of diabetes treatment that Adam thrives under. Unfortunately, this model of diabetes care is not available everywhere. Through this team-based approach, International Diabetes Center is integrating critical research findings into clinical practice and discovering innovative ways to use technology to improve care. Because we want to help more patients like Adam live well with diabetes.





## HELPING PEOPLE LIVE WELL WITH DIABETES

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International Diabetes Center has provided world-class diabetes care, education and research for people with diabetes and their families since its founding in 1967. Located in Minneapolis, Minnesota, the center is known internationally for clinical, motivational and educational services that help people with diabetes live healthy, fulfilling lives. The center is led by Executive Director Richard M. Bergenstal, MD, endocrinologist, researcher and Past President, Medicine and Science, of the American Diabetes Association.

**OUR MISSION:** to ensure that every individual with diabetes, or at risk for diabetes, receives the best possible care.

**OUR FOCUS:** to integrate clinical research findings into diabetes practice.

**OUR APPROACH:** to offer an experienced, patient-focused team of doctors, nurses, dietitians, health psychologists, nurse practitioners, educators, researchers and others to achieve positive outcomes for our patients and the community.



## DELIVERING THE HIGHEST QUALITY PATIENT CARE

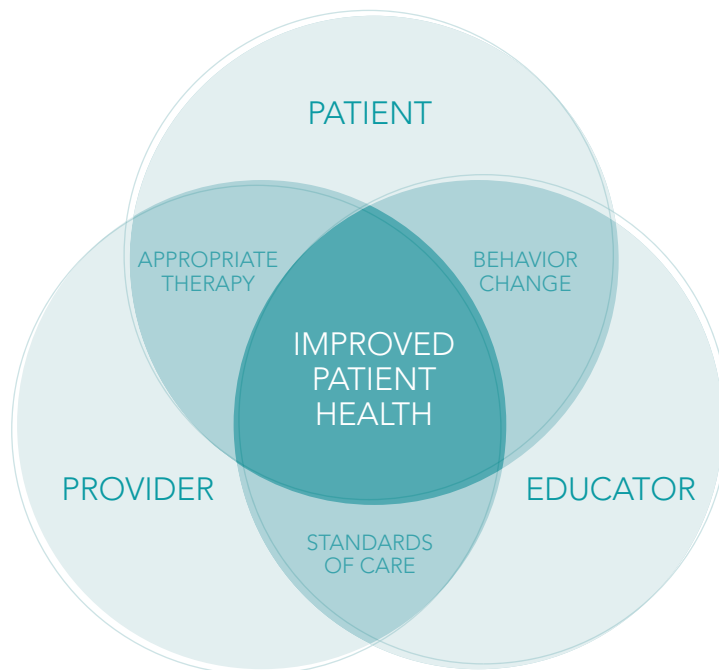
Our patient-centered approach is the cornerstone of our services. We focus on the relationships between patient, provider and educator.

**EDUCATOR-PROVIDER** The educator-provider relationship allows diabetes educators, primary care providers and specialty providers to work as a team to deliver the best possible patient care and education.

**PROVIDER-PATIENT** The provider-patient relationship helps primary care providers develop personalized and effective diabetes treatment plans with patients.

**PATIENT-EDUCATOR** The patient-educator relationship supports patients, recommending medical therapies and behavioral lifestyle changes.

### SUCCESS BEGINS WHERE THE TEAM MEETS



One of our key contributions to diabetes care was developing a systematic approach for detecting and treating diabetes, called Staged Diabetes Management<sup>®</sup> (SDM). SDM provides evidence-based practice guidelines and clinical pathways to help primary care providers and staff meet clinical care goals and reduce diabetes complications. For the last 20 years, it has been used around the world to help clinicians improve patient outcomes. Because SDM meets or exceeds standards recommended by the American Diabetes Association (ADA), many organizations implementing the SDM program have achieved National Committee for Quality Assurance (NCQA) Diabetes Recognition Program certification.



## ENSURING QUALITY CARE AND EDUCATION FOR ALL

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Our lifelong diabetes management programs focus on helping children, adolescents and adults live well with diabetes. Our diabetes education team and health psychologists deliver programs and services tailored to patients and their families.

Group and individual programs are offered for patients with type 1, type 2 and gestational diabetes. Sessions often include members of the patients' support systems. Programs cover a wide range of topics, including testing blood glucose and understanding what the numbers mean, making a meal plan, teaching participants how to administer insulin and exploring when insulin pump therapy may be appropriate.

We work with Park Nicollet Primary Care, Adult Endocrinology and Pediatric Endocrinology to develop the best models of team care. We also look for ways to personalize therapy while achieving the triple aim of excellent clinical care, a great patient experience and reasonable cost.



### SUPPORTING BEHAVIOR CHANGE

Our health psychologists work with patients to identify any behavioral and emotional barriers to their diabetes care. Through individual and group visits, we help people find strategies that work for them, so they can enjoy life and fit diabetes care into their daily routine.

# INTEGRATING CLINICAL RESEARCH INTO CLINICAL PRACTICE

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## PUTTING RESEARCH TO WORK SERVING PATIENTS

Research is a key component of the work we do at International Diabetes Center, allowing us to stay in the forefront of treatment. Working with the National Institutes of Health (NIH), private research foundations and members of the healthcare industry, we have conducted more than 300 research studies since 1979. We have been involved in testing nearly every new diabetes product since that time.

Our research studies encompass areas such as diabetes management and intervention, nutrition and new diabetes technologies. Studies also include areas associated with diabetes such as high blood pressure, cardiovascular disease, neuropathy and obesity. We have participated in landmark diabetes research trials such as Diabetes Control and Complications Trial (DCCT), Epidemiology of Diabetes Interventions and Complications (EDIC), and Action to Control Cardiovascular Risk in Diabetes (ACCORD). We have also conducted many investigator-initiated studies exploring the methods of providing diabetes care, evaluating how to best use currently marketed medications and analyzing the best use of technologies. Our work with continuous glucose monitoring was key to developing the ambulatory glucose profile (AGP™) to analyze glucose patterns. Our staff has published in professional journals worldwide.

International Diabetes Center plays an active role in the type 1 diabetes T1D Exchange Clinical Registry, a project of the Jaeb Center for

Health Research. The T1D Exchange includes a clinic registry, an interactive patient portal to connect the type 1 community called “Glu”, and a biorepository to collect and store patient specimens. It is the largest type 1 diabetes patient registry in the United States, providing a rich source of data to help further understanding of type 1 diabetes and advance patient care. The project is funded by the Leona M. and Harry B. Helmsley Charitable Trust.

We also collaborate with Park Nicollet Melrose Institute in Minneapolis on research and treatment for people who have both diabetes and an eating disorder. These patients require specialized care and education because of the way diabetes can affect their weight and eating choices. This unique collaboration of care teams provides hope and guidance to patients who struggle to manage both diseases at the same time.





## EDUCATING PROFESSIONALS ABOUT DIABETES

International Diabetes Center's research findings and clinical services have helped establish us as a leader in diabetes education for healthcare professionals. Our programs serve as a catalyst for individual and organizational change in diabetes care.

### **Healthcare professional training**

Our training programs have helped more than 50,000 health professionals in the United States stay informed of the latest research and scientific advances, and rapidly translate new findings from research into practice. Ongoing programs such as Clinical Diabetes Management and Foundations for Diabetes Educators provide opportunities for health professionals to learn systematic, evidence-based approaches for effective diabetes care and education, and build and strengthen diabetes care teams.

### **Healthcare industry professional training**

Our customized training programs provide comprehensive education that builds on participants' current expertise by imparting new knowledge and skills. Sessions blend classroom instruction, interactive case studies, patient panel discussions, pre- and post-training assessment and current research reviews. Programs are designed to train representatives at all skill levels. Online training modules with basic and advanced content offer an alternative to onsite training when desired.

### **Consulting services**

Through our consulting services, we help healthcare organizations large and small reach their potential in diabetes care and education. Experienced consultants give healthcare organizations the assessment, training, implementation strategies and ongoing support to create effective diabetes care teams and processes for optimal diabetes outcomes.

Our programs serve as a catalyst for individual and organizational change in diabetes care.







## SUPPORTING DIABETES EDUCATION THROUGH PUBLICATIONS

We translate clinical research into publications that benefit healthcare professionals and their patients. The evidence-based, clinically tested publications are updated regularly to reflect current guidelines in diabetes care.

Our Diabetes BASICS education products consistently produce impressive clinical, educational and satisfaction outcomes. Their incremental, need-to-know approach emphasizes positive goal-setting and motivation, which helps close the gap between learning about diabetes and living well with diabetes. Used in individual or group education, BASICS provides a cost-effective approach to education that meets ADA and AADE program recognition criteria.

Publications include Type 2 Diabetes BASICS, Insulin BASICS, Gestational Diabetes BASICS, clinical tools, self-care booklets, low-literacy resources, food planners, cookbooks, physical activity information products and health promotion resources.

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## IMPACTING THE WORLD

International Diabetes Center is known worldwide for its advanced work furthering diabetes research, education and patient care.

In 1985, the World Health Organization (WHO) designated International Diabetes Center a Collaborating Center for Diabetes Education, Translation and Computer Technology – one of only two organizations in the United States and 32 worldwide. Recently, Mayo Clinic has become a partner with us in the collaboration.

Our Staged Diabetes Management program and BASICS educational materials have been implemented in numerous clinical sites in the United States and in 25 countries worldwide, with program materials translated into several languages.

International Diabetes Center is working jointly with Mayo Clinic on a five-year program to prepare 500 endocrinologists in China to help meet their challenges in diabetes prevention, care, education and research. The China Initiative for Diabetes Excellence program will counter the rising incidence and prevalence of diabetes in China. The program is overseen by the WHO Collaborating Center at International Diabetes Center and Mayo Clinic, in cooperation with the Chinese Ministry of Health.

In other parts of the world, International Diabetes Center is mentoring and training up-and-coming endocrinologists through the Rising Stars and Donnell D. Etwiler International Scholars programs. The programs provide intensive education and create a network of research scientists and clinicians that will lead collaborative diabetes research projects around the world.

Another international collaboration involves working with diabetes experts and clinicians from more than 30 different countries through an educational program called ProInsulin2. The program, conducted for endocrinologists, is designed to guide safe, effective initiation and advancement of insulin-based therapies to treat type 2 diabetes.

International Diabetes Center is known worldwide for its advanced work furthering diabetes research, education and patient care.





## SHAPING THE FUTURE OF DIABETES CARE

International Diabetes Center is developing and testing new technologies that will improve the lives of people with diabetes in the future. One of these technologies, the ambulatory glucose profile, is an innovative way to standardize blood glucose data into a report similar to an EKG. With data standardized and summarized, doctors can identify patterns and trends over time, which could lead to more effective use of medications to treat diabetes.

As the number of people with diabetes grows worldwide, International Diabetes Center will stay engaged in diabetes research, maximize partnerships with professionals and patients, and keep working to ensure that every individual with diabetes receives the best possible care.

FOR MORE INFORMATION ABOUT OUR PROGRAMS AND SERVICES,  
call 952-993-3393 or, toll free, at 1-888-825-6315.

International Diabetes Center is part of Park Nicollet Institute, a leader in research, education and innovation. Park Nicollet Institute is part of Park Nicollet Health Services, an integrated healthcare system that also includes Park Nicollet Methodist Hospital, Park Nicollet Clinic and Park Nicollet Foundation.

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