

 Wilkes University
 

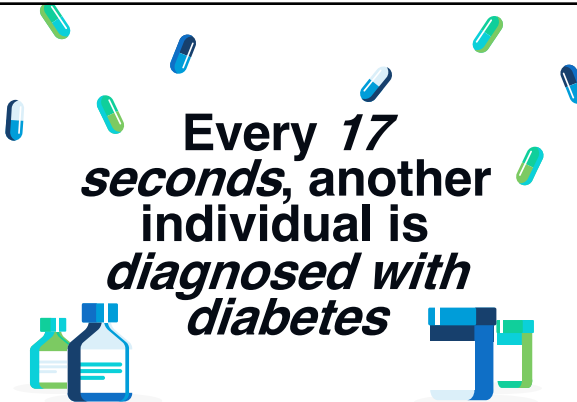
Diabetes Prevention Program

Kristen Hartzell, PharmD
 Nicole Pezzino, PharmD, BCACP, CDCES




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Every 17 seconds, another individual is diagnosed with diabetes


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<https://diabetescaucus-degette.house.gov/facts-and-figures>

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Overview

What is NDPP?

Overview of National Diabetes Prevention Program (NDPP) and getting involved

Tips for Involvement

Discuss steps and tips for getting started

Marketing

Describe processes for recruiting patients

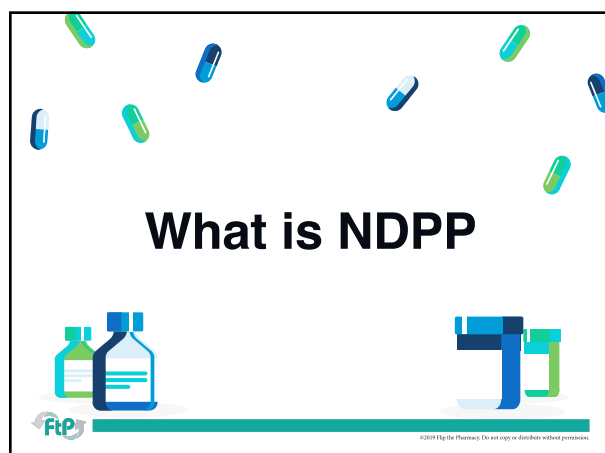
Reimbursement

Identify reimbursement opportunities

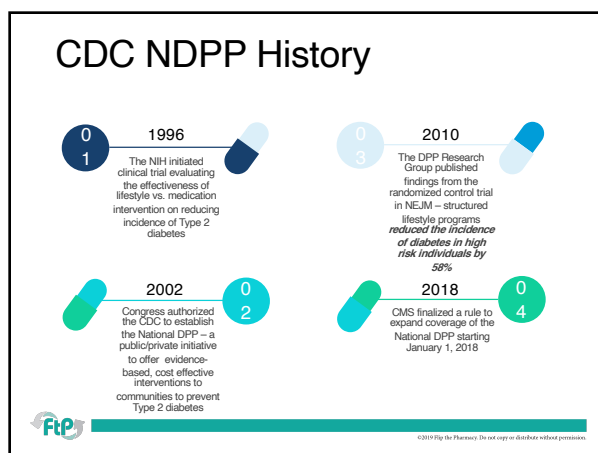



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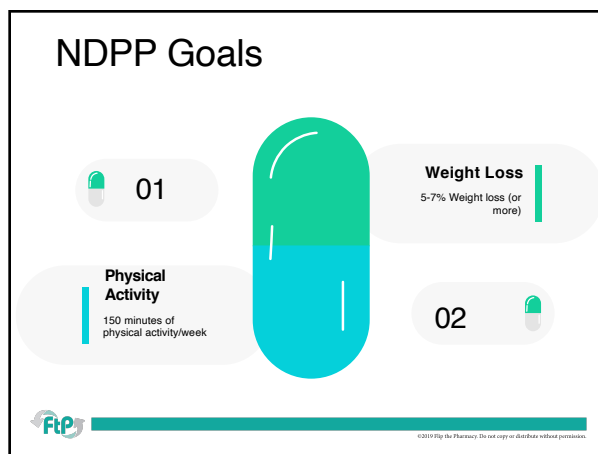
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What is National Diabetes Prevention Program (NDPP)

- 12 Month evidence-based lifestyle change program
- 22-26 group sessions
- Must use a CDC approved curriculum
- Focus is on healthy eating, physical activity, and behavioral modifications
- Attendance is important to success

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NDPP and Pharmacy

- Loyal longtime patients with valued relationships
- Pharmacies are well positioned to identify people at risk
- Medicare allows for individuals to self-enroll
- Pharmacies are easily accessible and frequently visited
- Business differentiator and can augment other clinical services
- Additional revenue source

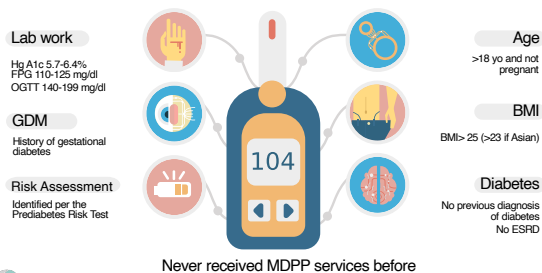


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NDPP Eligibility

Medicare defined eligibility criteria:



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NDPP Eligibility

- Use to help screen eligible people
- Score can indicate they are at risk for developing diabetes
- Available on the CDC website

Prediabetes Risk Test

NATIONAL DIABETES PREVENTION PROGRAM

1. How tall are you? (Feet and inches)

2. How much do you weigh? (Pounds)

3. Have you ever been diagnosed with diabetes?

4. Have you ever been diagnosed with prediabetes?

5. Have you ever been diagnosed with gestational diabetes?

6. Have you ever been diagnosed with a heart condition?

7. Have you ever been diagnosed with a blood pressure condition?

8. Have you ever been diagnosed with a kidney condition?

9. Have you ever been diagnosed with a liver condition?

10. Have you ever been diagnosed with a thyroid condition?

11. Have you ever been diagnosed with a condition that affects your vision?

12. Have you ever been diagnosed with a condition that affects your hearing?

13. Have you ever been diagnosed with a condition that affects your ability to walk or balance?

14. Have you ever been diagnosed with a condition that affects your ability to think or remember?

15. Have you ever been diagnosed with a condition that affects your ability to feel or move?

16. Have you ever been diagnosed with a condition that affects your ability to eat or drink?

17. Have you ever been diagnosed with a condition that affects your ability to sleep?

18. Have you ever been diagnosed with a condition that affects your ability to breathe?

19. Have you ever been diagnosed with a condition that affects your ability to feel pain?

20. Have you ever been diagnosed with a condition that affects your ability to feel cold or hot?

21. Have you ever been diagnosed with a condition that affects your ability to feel dry or wet?

22. Have you ever been diagnosed with a condition that affects your ability to feel itchy or sore?

23. Have you ever been diagnosed with a condition that affects your ability to feel numb or tingling?

24. Have you ever been diagnosed with a condition that affects your ability to feel burning or stinging?

25. Have you ever been diagnosed with a condition that affects your ability to feel sharp or dull?

26. Have you ever been diagnosed with a condition that affects your ability to feel pressure or vibration?

27. Have you ever been diagnosed with a condition that affects your ability to feel movement or position?

28. Have you ever been diagnosed with a condition that affects your ability to feel time or duration?

29. Have you ever been diagnosed with a condition that affects your ability to feel frequency or quantity?

30. Have you ever been diagnosed with a condition that affects your ability to feel quality or value?

31. Have you ever been diagnosed with a condition that affects your ability to feel meaning or purpose?

32. Have you ever been diagnosed with a condition that affects your ability to feel joy or happiness?

33. Have you ever been diagnosed with a condition that affects your ability to feel love or affection?

34. Have you ever been diagnosed with a condition that affects your ability to feel respect or honor?

35. Have you ever been diagnosed with a condition that affects your ability to feel pride or accomplishment?

36. Have you ever been diagnosed with a condition that affects your ability to feel hope or optimism?

37. Have you ever been diagnosed with a condition that affects your ability to feel faith or belief?

38. Have you ever been diagnosed with a condition that affects your ability to feel courage or bravery?

39. Have you ever been diagnosed with a condition that affects your ability to feel strength or power?

40. Have you ever been diagnosed with a condition that affects your ability to feel wisdom or knowledge?

41. Have you ever been diagnosed with a condition that affects your ability to feel understanding or insight?

42. Have you ever been diagnosed with a condition that affects your ability to feel compassion or empathy?

43. Have you ever been diagnosed with a condition that affects your ability to feel kindness or generosity?

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CDC Diabetes Prevention Recognition Program

Centers for Disease Control and Prevention Diabetes Prevention Recognition Program

Standards and Operating Procedures

www.cdc.gov/diabetes/prevention/recognition

May 1, 2021

<https://www.cdc.gov/diabetes/prevention/pdf/dprp-standards.pdf>



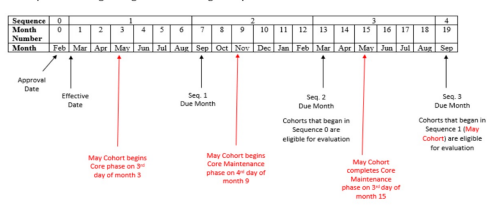
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Recognition Stages

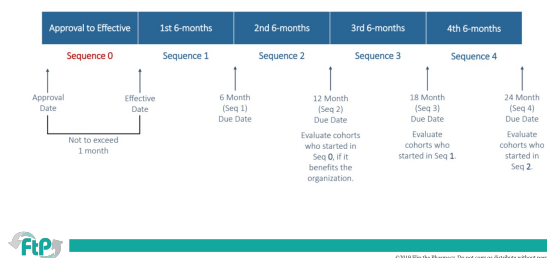


Example 1: Holding a single cohort during a sequence



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Achieving Recognition



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Tips for Involvement

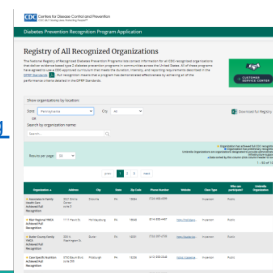
(from experience)



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Market Assessment

- Evaluate needs in your area
- Are there any providers of DPP in your area?
 - Check CDC provider directory <https://dprp.cdc.gov/Registry>



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Market Assessment

- Speak to local providers
 - Do they refer for DPP services?
 - Are they aware of DPP programs?
 - What needs do they have for prediabetes patients?
- Employer partnerships
 - Are there local employers who would offer this as a wellness benefit to their employees?
- Grant funding available for start up?

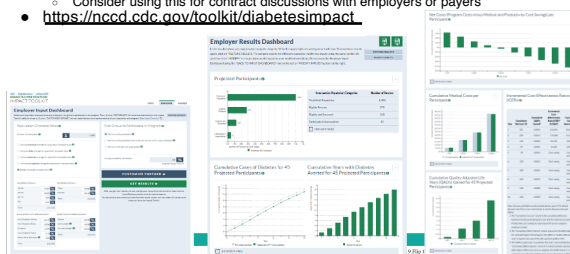


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DPP Impact Toolkit

- Interactive toolkit can show cost savings projections on investment of DPP program for their participants
- Can evaluate data for the state, employer or insurer
- Metrics customizable for individualized cost projections
 - Consider using this for contract discussions with employers or payers
- <https://nccd.cdc.gov/toolkit/diabetesimpact>



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Curriculum

Table 1. Curriculum Topics (Core Phase: Months 1-6)

2012 National DPP Curriculum	Prevent T2 Curriculum
Welcome to the National Diabetes Prevention Program	Program Overview & Introduction to the Program
Being Active - A Way of Life	Get Active to Prevent T2
Move Those Muscles	Track Your Activity
Be a Fat and Calorie Detective	Track Your Food
Three Ways to Eat Less Fat and Fewer Calories	Eat Well to Prevent T2
Jump Start Your Activity Plan	Get More Active
Tip the Calorie Balance	Burn More Calories Than You Take In
Healthy Eating	Shop and Cook to Prevent T2
You Can Manage Stress	Manage Stress
The Slippery Slope of Lifestyle Change	Find Time for Fitness
Make Social Cues Work for You & Talk Back to Negative Thoughts	Cope with Triggers
Can use Heart Health from months 7-12	Keep Your Heart Healthy
Problem Solving	Take Charge of Your Thoughts
Take Charge of What's Around You	Get Support
Four Keys to Healthy Eating Out	Eat Well Away from Home
Ways to Stay Motivated	Stay Motivated to Prevent T2



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Curriculum

Table 2. Curriculum Topics (Core Maintenance Phase: Months 7-12)

2012 National DPP Curriculum	Prevent T2 Curriculum
Welcome to Sessions 7-12	N/A
Balance Your Thoughts for Long-Term Maintenance	When Weight Loss Stalls
Staying on Top of Physical Activity	Take a Fitness Break
Stepping up to Physical Activity	Stay Active Away from Home
A Closer Look at Type 2 Diabetes	More About T2
More Volume, Fewer Calories	More About Carbs
Fats - Saturated, Unsaturated, and Trans Fat	Can repeat Eat Well to Prevent T2 from months 1-6
Healthy Eating - Taking it One Meal at a Time & Food Preparation and Recipe Modification	Have Healthy Food You Enjoy
Stress and Time Management	Get Enough Sleep
Preventing Relapse	Get Back on Track
Handling Holidays, Vacations, and Special Events	Can repeat Eat Well Away from Home from months 1-6
Heart Health	Stay Active to Prevent T2
Healthy Eating with Variety and Balance	Can repeat Shop and Cook to Prevent T2 from months 1-6
Looking Back and Looking Forward	Prevent T2—for Life!

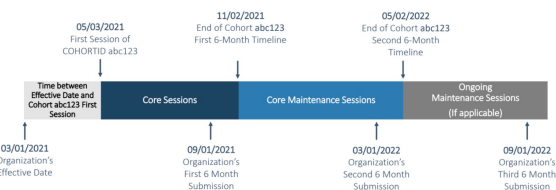


MDPP suppliers and ongoing maintenance sessions:

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Curriculum Delivery and Data Submission



Delivery Mode: in person, online, distance learning, combination

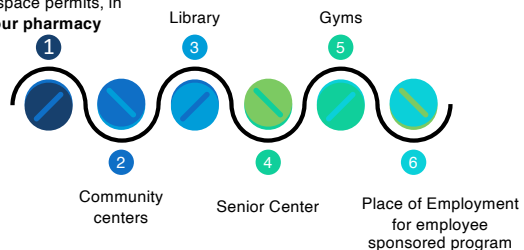


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Where to host DPP classes?

If space permits, in your pharmacy



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Reimbursement Potential



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How do we get paid for DPP?

- Become an MDPP (Medicare) Supplier
- The program/pharmacy holds the MDPP supplier number (not the individual), the coaches are listed on file with the MDPP supplier.
- Apply through PECOS once your program achieves Preliminary or Full recognition status with the CDC
 - ****Note that it may take 12-18 months to achieve Preliminary or Full recognition status****

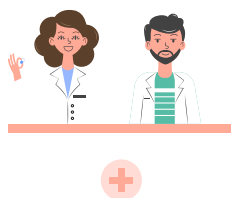


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How do we get paid for DPP?

- Payment with Medicare is pay for performance,
 - Weight loss goals achieved = higher reimbursement
 - Can also contract with Medicare MCO's
 - State Medicaid programs
 - Many states have a payment structure for DPP services, some are through fee for services, other require contracting directly with state managed care organizations
 - Commercial Payers
- 



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How do we get paid for DPP?

- Need to contract directly with each as a provider, most have coverage for DPP services
- Employers
- Wellness initiative employers may directly reimburse the DPP provider for services
- Consider Self-Insured employers as having a direct benefit from reducing the development of diabetes on their health care costs



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Documentation & Reporting

- Reporting to CDC required every 6 months
 - Must show de-identified demographic data as well as attendance, weight, and activity minutes per participant
 - CDC will provide a detailed report of program outcomes and areas for improvement, some of this data can be used for marketing your program

DATA PREPARATION: 2021 DATA TEMPLATE – EXAMPLE CSV FILE (1/4)

[illegible]

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Documentation & Reporting

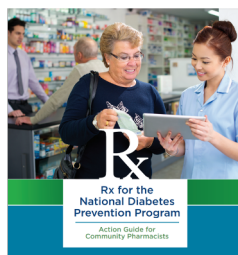
- Documentation for billing
 - Documentation of eligibility for service
 - Encounter details, attendance, weight, etc
 - Referral management
- Some software systems available and developed to incorporate this all activity into one place for easier management of the program
 - This is software is outside of pharmacy dispensing software and not currently billed through ecare plan data



1

Action Guide for Community Pharmacists

- Review the CDC's Guide for pharmacy involvement as a DPP provider.
- <https://www.cdc.gov/diabetes/prevention/pdf/pharmacists-guide.pdf>



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Overview of Process

Diabetes Prevention Recognition Program (DPPRP) Process

1	Pre-Application	- Read and understand the current DPPRP Standards. - Complete CDC's Organizational Capacity Assessment tool (strongly recommended). - Address any capacity gaps identified by the assessment. - Review other materials about the National Diabetes Prevention Program and DPPRP on the National DPP's Customer Service Center website.
2	Application Submitted for Recognition	Complete the online Diabetes Prevention Recognition Program (DPPRP) Application Form.
3	Pending Recognition	Meet the following requirements: - Submit a completed application. - Use a CDC-approved curriculum. - Offer a 12-month lifestyle change program that includes a minimum of 16 weekly sessions in months 1 to 6 and 6 monthly sessions in months 7 to 12. - Agree to start the first session within 6 months of effective date. - Agree to start at least 1 session every 12 months. - Agree to submit required participant data to DPPRP every 6 months. Organizations can stay at this level up to 36 months. At any evaluation period during months 12 to 36, they can move to preliminary recognition if they meet DPPRP Standards requirement 5 or to full recognition if they meet requirements 5 to 9.

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Team Support

Table 2. How the Pharmacy Workforce Can Support the National DPP

Workforce Category	Tier 1: Promote Awareness of Prediabetes and the National DPP Among Patients at Risk	Tier 2: Screen, Test, and Refer Patients	Tier 3: Offer the National DPP Lifestyle Change Program
Pharmacists	Almost always suited for this role	Almost always suited for this role	Often suited for this role
Technicians	Almost always suited for this role	Almost always suited for this role	Almost always suited for this role
Residents	Almost always suited for this role	Almost always suited for this role	Often suited for this role
Students	Almost always suited for this role	Often suited for this role	Sometimes suited for this role



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Marketing



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Marketing - Identify & Recruit



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Marketing - Continuation



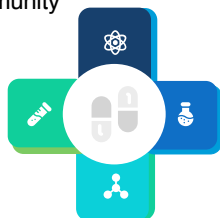
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Community Partners

- Student / team project(?)
- Develop ongoing list of partners and resources in your community

- Dietitian
- Physical therapist
- Personal trainer
- Physicians
- Other prescribers
- Nurses
- Mental Health resources
- Social workers



- Gyms/gym owners
- Restaurants
- YMCA
- First responders
- Upcoming community events
- Etc.



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"ALONE, WE
CAN DO SO
LITTLE;
TOGETHER,
WE CAN DO
SO MUCH"

- HELEN KELLER

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Marketing – Flyers and Screening

ENROLL NOW! STEPS TO A HEALTHIER YOU!
USING GROUP LIFESTYLE BALANCE™ PROGRAM

What we do

- Offered through community-based organizations with Web-based, (online), PACE & First2Dent (dental), PACE & First2Dent (dental) and other programs.
- You may be eligible if you do not have diabetes and are overweight.
- 12 week education program (nutrition, behavior, exercise related).
- Group and individual support (20-30 min) in-person or virtual.
- Scholarships & will be provided for those who need it.

We can help you!

- FREE TRIAL LUNCH, ENTRY & GYM MEMBERSHIP (with group personal training classes) for FIRST 20 COMMITTED PARTICIPANTS!

Prediabetes Risk Test

MONITORING DIABETES PREVENTION PROGRAM

Are You Concerned About Developing Diabetes?
Join Our Diabetes Prevention Program - Group Lifestyle Balance

HARTZELL'S pharmacy

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Resources

CDC National Diabetes Prevention Program
<https://www.cdc.gov/diabetes/prevention/index.html>

CDC "How pharmacists can participate in DPP"
<https://www.cdc.gov/diabetes/prevention/pharmacists.html>

Pharmacist action guide
<https://www.cdc.gov/diabetes/prevention/pdf/pharmacists-guide.pdf>

Medicare MDPP website
<https://innovation.cms.gov/initiatives/medicare-diabetes-prevention-program/>

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Conclusion

Research
Review the Pharmacists' Action Guide then the 2021 CDC DPP Standards and

Resources
Utilize your NCPA, Health Departments (grant funding), state organizations (i.e., Pennsylvania Pharmacists Association)

Call to Action
Identify team members for implementation

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