



The Point

January 2023

Making diabetes care better, less frustrating and more fun since 2008

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IN-PERSON SPANISH DIABETES GROUPS IN 2023

Spanish Diabetes Education Groups: for both newly diagnosed patients and those with years of diabetes

We've revamped our in-person groups to be even more interactive and practical for adult learners. The camaraderie and social support of the in-person groups this past fall were welcome after the lean pandemic years. The curriculum still includes topics of glycemic goals and medications, preventing complications, healthy eating, and coping/stress reduction. Patients and their caregivers are welcome. The next groups will be **Tuesdays from 2 - 4 p.m.** on January 17 and 31, February 21 and March 7.

Insulin Management Group in Spanish: for patients on long-acting and short-acting insulin

Our other in-person Spanish group is for patients on intensive basal-bolus insulin regimens but not achieving their A1C goal. Facilitated by Diabetes and Nutritionist staff, patients talk about how to take insulin safely and effectively, how to use blood glucose monitoring to see patterns and guide insulin adjustment, and how to identify carbohydrates in the diet. The next groups will be **second Tuesdays from 2 - 4 p.m.** on January 10 and February 14.

Please refer via eConsult Diabetes.

HSF formulary traditionally only covered Lantus (vial) for patients with T1DM, or those with T2DM who experienced overnight hypoglycemia on NPH.

For patients with T2DM, NPH is still a fine option of a medium-range basal insulin that peaks overnight when glucoses also peak under the influence of early morning hormones, and continues to be covered by HSF.

Starting now, Lantus and generic glargine (vial or pen) are covered without restriction for HSF patients in the outpatient setting, both T1 and T2. The longer-acting duration of Lantus/glargine may be beneficial in T2DM in cases where 1x/d dosing is preferred over NPH 2x/day, or preference for pen device, or for hypoglycemia on NPH. (***)Remember that Lantus cannot be mixed with any other insulins in the same syringe when vials are used. We still have some patients who are mixing NPH + Regular, or NPH + rapid-acting insulin in the same syringe).

Epic may not reflect this change at the time of this writing, but the prescription for Lantus/generic glargine should still go through.

NEW MULTILINGUAL PATIENT DIABETES RESOURCES

New **multilingual additions to patient education materials** at sfghdiabetes.org --> Provider. Check it out!

- "Diabetes Basics: Your Toolkit" booklet: in addition to English, Spanish and Chinese, now available in Japanese, Korean, Russian, Tagalog, Thai and Vietnamese
- "Healthy plate" handout: in addition to English, Spanish and Chinese, now available in Amharic, Arabic, Hindi, Japanese, Korean, Russian, Tagalog, Thai and Vietnamese
- Low literacy handout of the key elements of routine care in diabetes: in addition to English, Spanish and Chinese, now available in Amharic, Arabic, Hindi, Japanese, Korean, Russian, Tagalog, Thai and Vietnamese

(Many thanks to Liseli Mulala, pharmD, CDCES whose grant supported translation of these patient education materials.)

MAKING SENSE OF DIABETES TECHNOLOGY

Continuous glucose monitors, insulin pumps, sensor-augmented pumps, smartpens... so many options... how does one decide? These devices are **primarily for T1DM**, some may be helpful for T2DM on basal-bolus insulin regimens, depending on insurance. **They can be revolutionary for some patients but are not right for everyone.**

Please also note that Medi-cal Rx only covers continuous glucose monitors (CGM) for T1DM, not T2DM. They have not yet enforced this rule and we hope they never do, but any Medi-Cal patient with T2DM that you start on a CGM should be warned we

don't know how long this will last.

Bottom line, if you or your clinic are interested in prescribing and managing CGM outside of Diabetes Clinic, we can provide training to your clinic, or guidance via eConsult. If you're not sure, we prefer to see patients first and formally discuss CGM before prescribing--we have demos in clinic, can talk about ways that CGM can and can't help with diabetes self-management, help patients navigate insurance and support with training, education and troubleshooting.

That said, check out these online resources for the curious, posted at sfg CDIabetes.org --> Providers--> Diabetes Technology:

Diabeteswise.org is a patient-facing website to browse and learn more about different devices.

pro.diabeteswise.org is the clinician-facing side with resources on all current devices including visuals of the device components, videos, details and patient consideration.

Other excellent websites that offer patient-friendly tips, videos, blogs on all the latest:

tcoyd.org

diatribe.org



sfg CDIabetes.org

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