641—9.6(135) Application procedures for programs not recognized by the American Diabetes Association.

9.6(1) Each program shall apply for certification with the department.

9.6(2) Applications from programs not recognized by ADA shall provide the following information:

a. Name, address and telephone number for the program, program physician and program coordinator.

b. Identification of the target population, an estimate of the program caseload, estimated number of programs to be conducted annually, minimum and maximum class size, and a calendar identifying the hours per day and number of days per week scheduled in individual or group instruction to meet the minimum course requirements.

c. A description of goals and objectives, participant referral mechanism, and means of coordinating between the community, physicians, and program staff.

d. Evaluation methods designed by individual programs and samples of documents to be used.

e. A description of the curriculum designed to instruct the participant with diabetes how to achieve self-management competency. The curriculum shall cover the same 15 content areas as are required by the ADA for recognition. These topics are listed below.

 (1) Diabetes overview.
 (2) Stress and psychological adjustment.
 (3) Family involvement and social support.
 (4) Nutrition.
 (5) Exercise and activity.
 (6) Medications.
 (7) Monitoring and use of results.
 (8) Relationship among nutrition, exercise, medication and blood glucose levels.
 (9) Prevention, detection, and treatment of acute complications.
 (10) Prevention, detection, and treatment of chronic complications.
 (11) Foot, skin, and dental care.
 (12) Behavior change strategies, goal setting, risk-factor reduction, and problem solving.
 (13) Benefits, risks, and management options for improving glucose control.
 (14) Preconception care, pregnancy, and gestational diabetes.
 (15) Use of health care systems and community resources.