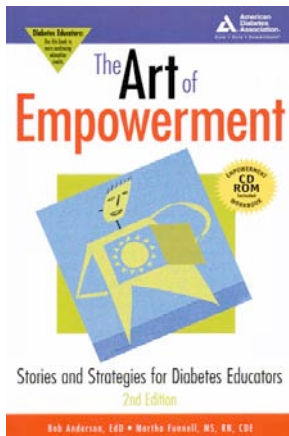
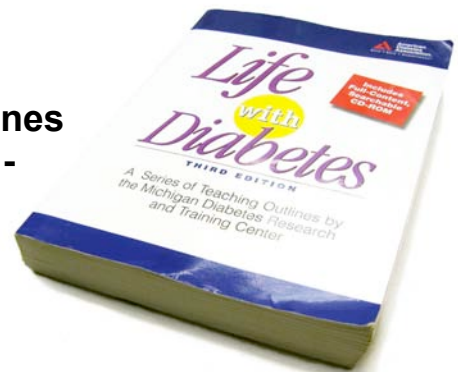


Basic Diabetes Program Library

1. **Life with Diabetes: A Series of Teaching Outlines by the Michigan Diabetes Research and Training Center** Third Edition, June 2004, Published by the American Diabetes Association, \$89.95. By Martha Mitchell Funnell, Marilyn S. Arnold, Patricia A. Barr. 561 pages.



2. **The Art of Empowerment**¹ Second Edition, © 2000, 2005, Published by the American diabetes Association. By Bob Anderson, EdD and Martha Funnell, MS, RN, CDE. 311 pages. This book that provides a fundamental understanding of approaching diabetes treatment through patient empowerment. It is written for diabetes educators, by diabetes educators. The authors recommend that people study it and discuss it with some trusted colleagues. The book is filled with stories that illustrate the new approach they developed after twenty years in the diabetes field trying to understand why the traditional approaches were not working. They say in the introduction that “the assumption underlying the traditional approach to diabetes care and education – that the health care professional is in charge – does not work for diabetes. The patient is in control.”

3. **National Standards for Diabetes Self-Management Education** Diabetes Care 31:S97-S104, 2008 DOI: 10.2337/dc08-S097 © 2008 by the American Diabetes Association. Martha M. Funnell, Tammy L. Brown, Belinda P. Childs, Linda B. Haas, Gwen M. Hosey, Brian Jensen, Melinda Maryniuk, Mark Peyrot, John D. Piette, Diane Reader, Linda M. Siminerio, Katie Weinger, and Michael A. Weiss. 8 pages. Available from: http://care.diabetesjournals.org/content/31/Supplement_1/S97.full.pdf+html
4. **Guidelines for the Practice of Diabetes Self-Management Education and Training** 2009 American Association of Diabetes Educators. Chris Parkin, Debbie Hinnen, Virginia Valentine, Donna Rice, Marianne Batts Turner, Linda Haas, Carole Mensing, Terry Lumber, Karen Fitzner, Barbara Stetson, Karen McKnight, Kris Ernst, Terry Compton, Joe Nelson, Jane Jeffrie Seley, Nancy Letassy, Dawn Sherr. 39 pages. Available from:

¹ Anderson R, Funnell MM. The Art of Empowerment, Stories and Strategies for Diabetes Educators, 2nd Edition, © 2000, 2005, American diabetes Association

<http://www.diabeteseducator.org/export/sites/aade/resources/pdf/PracticeGuidelines2009.pdf>

5. Integrating Chronic Care and Business Strategies in the Safety Net Prepared by Group Health's McColl Institute for Healthcare Innovation, in partnership with RAND and the California Health Care Safety Net Institute, under Contract No./Assignment No: HHS A2902006000171. AHRQ Publication No. 08-0104-EF. Rockville, MD: Agency for Healthcare Research and Quality. September 2008. 636 pages. Available from: <http://www.improvingchroniccare.org/index.php?p=Toolkit&s=244>



6. Standards of Medical Care in Diabetes—2009 Diabetes Care 32:S13-S61, 2009 DOI: 10.2337/dc09-S013 © 2009 by the American Diabetes Association. 49 pages. Available from: http://care.diabetesjournals.org/content/32/Supplement_1/S13.full.pdf+html.

7. Medical Management of Hyperglycemia in Type 2 Diabetes: A Consensus Algorithm for the Initiation and Adjustment of Therapy Diabetes Care 32:193-203, 2009 DOI: 10.2337/dc08-9025 © 2009 by the American Diabetes Association. David M. Nathan, John B. Buse, Mayer B. Davidson, Ele Ferrannini, Rury R. Holman, Robert Sherwin, and Bernard Zinman. 11 pages. Available from: <http://care.diabetesjournals.org/content/early/2008/10/22/dc08-9025.full.pdf+html>

8. Standards of Medical Care in Diabetes—2009 Diabetes Care 32:S13-S61, 2009 DOI: 10.2337/dc09-S013 © 2009 by the American Diabetes Association. 49 pages. Available from: http://care.diabetesjournals.org/content/32/Supplement_1/S13.full.pdf+html

9. Nutrition Recommendations and Interventions for Diabetes, A position statement of the American Diabetes Association, by John P. Bantle (Co-Chair), Judith Wylie-Rosett (Co-Chair), Ann L. Albright, Caroline M. Apovian, Nathaniel G. Clark, Marion J. Franz, Byron J. Hoogwerf, Alice H. Lichtenstein, Elizabeth Mayer-Davis, Arshag D. Mooradian, and Madelyn L. Wheeler. *Diabetes Care*, Volume 31, Supplement 1, January, 2008. Available from: http://care.diabetesjournals.org/content/30/suppl_1/S48.full.pdf+html

10. Chronic Disease Care Resources, a list of many excellent papers available from the California Healthcare Foundation about chronic care

management. Available from: <http://www.calchroniccare.org/~media/Files/CHCFCalChronicCareResources.pdf>

11. **A Leaders' Guide to Creating the Business Case for Planned Care, A Toolkit**, by the faculty of HRSA's Finance and Redesign Pilot Collaborative, Ann Lewis and Christine St. Andre, co-chairs, Sharon Buttress, Roger Chaufournier, Cindy Hupke, Jerry Langley, Cory Sevin, Ron Yee. May 2006, p.9 Available from: <http://www.norc.org/6275/Module8/Leader's%20Guide%20to%20Creating%20the%20Business%20Case%20for%20Planned%20Care.pdf>
12. **The Improvement Guide: A Practical Approach to Enhancing Organizational Performance (2nd Edition)** Langley GL, Nolan KM, Nolan TW, Norman CL, Provost LP San Francisco, California, USA: Jossey-Bass Publishers; 2009 The Model for Improvement is a guide to process improvement that delivers quick and substantial results in quality and productivity in diverse settings. This is an updated edition with new information on accelerating improvement by spreading changes across multiple sites. It contains a practical tool kit of ideas and examples from diverse industries, including health care.
13. **Journal Watch**, published semi-monthly by the New England Journal of Medicine. It reviews over 180 scientific and medical journals and presents important clinical research findings and commentary. The Bay Clinic's Charlotte Grimm takes this one home for perusal during quiet moments there away from the busy office.
14. **The Medical Letter** According to its website, this nonprofit organization publishes "critical appraisals of new drugs and comparative reviews of older drugs." The editorial process "relies on a consensus of experts to develop prescribing recommendations that are completely independent of the pharmaceutical industry." Available from: <http://medlet-best.securesites.com/html/who.htm>. Another good one for those quiet moments.
15. Jenny Ruhl's book **Blood Sugar 101** provides a sharp, critical perspective on the whole field of diabetes treatment and research from a patient's point of view. Examples of this are her perspective on the American Diabetes Association's A1C blood test standard of 7%. She



suggests that this is the equivalent of a smoker saying that he or she has cut back to an acceptable level – only 16 cigarettes a day! She and fellow online diabetes bloggers are pleased to call themselves members of the “Five Percent Club” who keep their A1C levels under six percent. She offers convincing documentation of the dangers inherent in the “prediabetes” condition where people have blood sugar levels that are unacceptably high for years but that do not register on either the standard fasting blood glucose or the A1C tests. Order it from her website: <<http://www.bloodsugar101.com/>>

16. **Proposal Writing, Planning & Evaluation Publications & Training**

The Grantsmanship Center in Los Angeles has a selection of excellent low-cost but high-value publications available from their Publications Department at P.O. Box 17220, Los Angeles, 90017. You can email them: publications@tgci.com

- ☛ **Program Planning & Proposal Writing - Expanded Version**, 48 pages, \$7. There are more than a million copies of PP&PW in print - and a great many government, foundation, and corporate grant makers have adopted it as their preferred application format. It talks about planning effective programs first, then talks about writing proposals for funding. Important elements of the plan are evaluation of results and planning for future funding.
- ☛ **Proposal Checklist & Evaluation Form**, \$7
- ☛ **Basic Grantsmanship Library**, Key publications in private philanthropy, government grants and contracts, and fundraising, \$7
- ☛ **How to Use the Catalog of Federal Domestic Assistance**, a step-by-step approach to using the "Bible" of federal funding, \$7
- ☛ **The Process of Program Evaluation**, Pinpoint where you're doing well and where you need to improve. \$7

The Grantsmanship Center conducts 150 workshops around the country annually in grantsmanship training, as well as earned income strategies for nonprofits. There are more than 110,000 who have attended its weeklong programs since the Center started in 1972, when the author of this Bay Clinic paper was a founding board member of the Grantsmanship Center. For more information about the Center, go to <http://www.tgci.com/about.shtml>.