

# March 2009 CMSA Newsletter



**CMSA Madison Area Chapter**

**Case Management Society of America, Madison Area Chapter**

CMSA - a non-profit multi-disciplinary society of health care professionals engaged in case management.

Join us on  
**March 26, 2009**



**Location:**

**Comfort Inn of Madison 5:30 – 7:00 pm**

4822 East Washington Ave.

Madison, WI 53704

608-244-6265

Dinner begins at 5:30 in the Madison Room

Please RSVP by 3-20-09 to Victoria Krohn  
at [victoria.krohn@uwmf.wisc.edu](mailto:victoria.krohn@uwmf.wisc.edu)  
or call 608-821-4905

## Depression

Speaker: Dr. David Katzelnick

Sponsored by: CMSA



**CMSA Madison Area Chapter**

1.0 contact hours

### Meeting Fees

**Members**—No Charge

**Non Members**— Invited to join us at a charge of \$15.

*Members of CMSA are not required to be Certified Case Managers.*

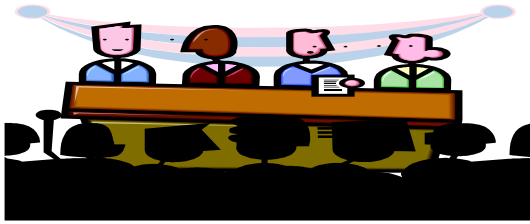
For more information on joining CMSA, please contact our  
Secretary, Brenda Bartz via e-mail at  
[bbartz@mhsjvl.org](mailto:bbartz@mhsjvl.org)



From I-90/94, exit Highway 151 south (exit 135A), turn right at first frontage entrance.

**Please note:** If you are attending in place of someone who is a designated member under a Company/Corporate account, please note this in your RSVP and when checking in. Thank you!

Your CMSA Board Members:



**Officers**

Sue Backes, President

[sue.backes@pplusic.com](mailto:sue.backes@pplusic.com)

Jodi Atwell, Past President

[jatwell@uwhealth.org](mailto:jatwell@uwhealth.org)

Marlene Roewer, President-elect

[marlene.roewer@deancare.com](mailto:marlene.roewer@deancare.com)

Brenda Bartz, Secretary

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Vicki Krohn, Treasurer

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**Board Members**

Wendy Countryman

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**Volunteers**

Nancy Nie

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CMSA - Madison Chapter

P.O. Box 5175

Madison WI 53705-0175

**Upcoming Events**

April 23, 2009

Topic: Rheumatoid Arthritis

Speaker: To be announced

Sponsor: Bristol-Myers Squibb

Location: Comfort Inn, Madison



**Bristol-Myers Squibb**

May 28, 2009

Topic: Women's Health

Speaker: To be announced

Sponsor: Matria

Location: Comfort Inn, Madison



**Keep going...there is more  
on page three!!!**

## Share the Wealth!

The Madison Area CMSA offers a unique opportunity for area care managers to gather for a meal, share ideas, attend educational programs, obtain continuing education credits and more.

We would like to share these opportunities with others! If you have coworkers or know of other individuals who might be interested in the Madison Area CMSA, please invite them to a CMSA meeting.



In addition, please feel free to forward the Madison CMSA newsletter to any potential new members.

## Share Your Expertise!

The Madison Area CMSA is comprised of individuals from health care facilities, private clinics, educational institutions, insurance companies, and more. We invite you to *Share Your Expertise!* through the CMSA newsletter.

Each month, we would like to feature a brief article written by one of the CMSA members. If you would be willing to share your knowledge or experience with the member's of our chapter, or let us know about upcoming educational opportunities, please contact Wendy Countryman at [wcountryman@weatrust.com](mailto:wcountryman@weatrust.com).

## Share Your Expertise!

### Diabetes Highlights

Most of us have heard that the number of people with diabetes in the United States is on the rise. This is true for adults and children. In fact, type 2 diabetes, which was previously viewed as a disease of adulthood, is now occurring with increasing frequency in children!

The 2008 Burden of Diabetes in Wisconsin shows that:

- The overall prevalence of diabetes in Wisconsin adults has increased more than 27% from 329,460 to 419,870
- Wisconsin has an estimated 6,000 children and adolescents with diabetes
- An estimated 1.06 million adults 20 years and above in Wisconsin have pre-diabetes.

This is not a simple problem and there is no simple solution. So, what can we, as care managers do?

One simple thing that can be done very quickly is to remind our clients to check their ABCs on a regular basis.

- A - stands for A1c. This test provides a look at an individual's average blood glucose over the past 2 to 3 months. The ADA recommends that everyone with diabetes maintain his or her A1c below 7%. In addition, each individual should then strive to get their A1c as close to normal (<6%) as possible without creating problems with significant hypoglycemia.
- B - stands for blood pressure. The general ADA recommended goal is to maintain blood pressure below 130/80. It is common for diabetic patients to need more than one medication to achieve this goal.

- C - stands for cholesterol. The general ADA recommendations for cholesterol are:

Total - <200

HDL - >40 for men

>50 for women

LDL - <100

<70 if significant cardiac risk

Triglycerides - <150.

By maintaining their ABCs as close to normal as possible, individuals with diabetes can reduce their risk of future complications.

We know that the majority of people with diabetes do not meet all of the goals listed above. By using this simple reminder on a regular basis, we can help our clients stay focused on their diabetes self-management. While this is not a substitute for regular diabetes-focused care, it is a quick and easy supplement.

Additional diabetes resources are available through the Diabetes Prevention and Control Program at:

<http://dhs.wisconsin.gov/health/diabetes/resources.htm>

Resources are available for both professionals and consumers and include, but are not limited to:

- WI Diabetes Mellitus Essential Care Guidelines
- 2009 American Diabetes Association Clinical Practice Recommendations
- Children with Diabetes: A Resource Guide for Wisconsin Schools and Families
- National Diabetes Education program Resources on Children and Adolescents
- Links to diabetes web sites
- Information on medication/prescription assistance
- Links to other Wisconsin programs

This month's *Share Your Expertise!* was provided by Wendy Countryman.