

# Diabetes Self-Management

## Who does the program serve?

We encourage adults with Type 1 or 2 diabetes to participate in this outpatient self-management program. Since establishing the program, our patients have experienced many benefits, including improved blood glucose control. Family members and significant others are also encouraged to attend educational sessions.

## How is the program structured?

The self-management program includes:

- *Individualized nursing, medical nutrition therapy, and exercise consultations.*
- *Group education sessions—held monthly.*
- *Follow-up care. All participants should receive an annual assessment to determine ongoing self-management needs.*
- *Phone follow up and consultation provided to offer ongoing support.*
- *Communication and updates to your primary care provider.*
- *Access to Saint Elizabeth's Wellness Center*

Saint Elizabeth's program is structured to meet the National Diabetes Advisory Board National Standards for Diabetes Self-Management Education Programs.

## What does the program cost?

The program cost includes individual and group sessions and educational materials. Family members and significant others are encouraged to attend with you at no cost. Most insurance plans cover all or a portion of these fees. Saint Elizabeth's will submit these costs to your insurance company. Financial assistance is available to eligible participants. To make financial arrangements, please contact Patient Accounts, 651-565-5545.

**Saint Elizabeth's Diabetes Self-Management Program helps you gain the skills you need to improve blood glucose control so you can live a long, healthy life. Individual and group sessions blend medical care, education, exercise, and support into one comprehensive program. Our team approach empowers you to take control of your disease so it does not control you.**

## What other chronic diseases does Saint Elizabeth's treat?

- Risk factors for Heart Disease
- Pre-diabetes
- Obesity
- Pulmonary Disease
- Metabolic Syndrome
- Hypertension
- High Cholesterol
- Inactivity

## How does the program help participants?

Saint Elizabeth's Diabetes Self-Management Program is tailored to meet your specific needs. During individual and group sessions, you will learn about diabetes and how it affects your body. The program also teaches basic self-care skills.

Session topics include:

- *Goal setting and creating a treatment plan*
- *Eating for good health and blood glucose control*
- *Importance of physical activity*
- *Monitoring blood glucose levels*
- *Understanding and adjusting medications*
- *Preventing complications*
- *Stress and diabetes*
- *Sick day management and recognizing red flags*

## What diabetes teaching is offered?

Objectives of our education include helping you understand the disease process and providing tools to assist you in managing symptoms and making lifestyle changes. We will explore the following issues:

- *What is diabetes and how does it affect your body.*
- *How stress affects diabetes and what you can do about it.*
- *How family involvement and social support help you cope with diabetes.*
- *How to plan meals for good health and blood glucose control.*
- *How physical activity and exercise affect diabetes.*
- *How adjusting medications produces better control.*
- *How blood glucose monitoring affects your control.*
- *How to prevent, detect, and treat complications of diabetes.*
- *How to perform daily foot, skin, and dental care.*
- *How to problem solve.*
- *How to utilize health care and resources in your community.*
- *How to control gestational diabetes.*

## Who teaches the program?

The program instructors include certified diabetes educators and a registered, licensed dietitian. If you can benefit from the resources of other health professionals, referrals to a pharmacist, physical therapist, and social worker are available.

### Wellness Center Features & Benefits

- 20 pieces of cardio-equipment
- 5 strength stations addressing major muscle groups
- Staffed by cardiac rehab & exercise specialists
- Personalized approach to care and treatment
- Support network

### Diabetes Support Group

A Diabetes Support Group meets monthly on the third Monday at 6:00 p.m. in the Sister Gerina Room at Saint Elizabeth's. Participants and family members are welcome.

### How do I get started?

Obtain a referral from your primary care provider. Once a referral is made, our staff will contact you to set up your first appointment.

Our staff is happy to answer your questions and assist you.

**651-565-5568**