Children’s Diabetes Education Class Descriptions

*Individual Nutrition Appointment*: These appointments are set up with a dietician to address specific individualized educational needs.

*Diabetes Initial Hospital Follow-up*: This class is for our newly diagnosed patients/families and is paired with a provider visit. The focus is on sick day management and follow-up education.

*Diabetes –Basic Pattern Management*: The focus is on beginning to recognize patterns in blood glucoses and making insulin dose adjustments.

**Diabetes Basics Class**: Offered to patients/families/caregivers for a review of diabetes basics. This class covers: carbohydrate counting basics, onset of diabetes, insulin injections, and blood glucose monitoring. There is a small charge for this class – note: it is not billed to insurance. There is also an option to purchase a manual.

**Diabetes Support Group**: Open to children with diabetes and their parents. Support groups allow children and their parents to share their concerns and feelings about diabetes with others in the same situation. The children are separated by age into groups, which are facilitated by child life specialists. Parents meet separately.

*Teen Transitions*: For teens graduating from high school, moving out, going off to college, and/or entering the workforce.

*Individual Nurse Education Visits*: Individual education visits with a diabetes educator for meter and/or pump downloads, A1c check, and/or any individual education needs.

*Pump Info (101)*: Open to patients/families interested in learning more about insulin pump therapy and necessary steps for obtaining a pump. Large group class. Will have opportunity to see and ask questions about individual pumps prescribed at Children’s at end of class.

*Pump Prep/Pump Start/Pump Follow-up*: These classes are all part of the pump process and are scheduled individually by the Diabetes Team. MUST BRING ONE WEEK OF BLOOD SUGAR RECORDS TO PUMP START and FOLLOW-UP. These are group classes including 1-3 families. Pump follow-up is individual appointment with a diabetes educator.

*Optimal Pumping*: Open to patients/families using insulin pump therapy. An interactive class teaches the art of “fine tuning” insulin doses by evaluating blood glucose patterns and includes strategies for adjusting doses. MUST BRING ONE WEEK OF BLOOD SUGAR RECORDS.

*Sensor Info (101)*: Open to patients/families interested in learning more about continuous glucose sensor therapy and the necessary steps for obtaining a continuous glucose sensor. Specific information related to successful use of the sensor will be included. This class is required to get a prescription for a sensor written.

**Sensor Start**: This training is a part of the sensor process and is scheduled individually by the patient and sensor trainer.

*The cost of these courses will be billed to the patient’s insurance.*