

Children's Diabetes Education Class Descriptions

***Individual Nutrition Education Visits:** These appointments are set up with a dietitian to address specific individualized educational needs.

*** 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 Basics Class: Offered to secondary caregivers for education of the basics of diabetes. This class covers: carbohydrate counting basics, onset of diabetes, insulin injections, and blood glucose monitoring. There is a \$35 charge for this class, and is not billed to insurance. There is also an option to purchase a manual.

Diabetes Connect: Open to children with diabetes and their parents. This support group allows 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. Teens can attend alone, or with a parent.

***Individual Diabetes Education Visits:** Individual education visits with a diabetes educator for meter and/or pump downloads, A1C check, advanced pump features, and/or any individual education needs.

Pump Process:

Step 1: *Diabetes Pattern and Beyond: The focus is on beginning to recognize patterns in blood glucoses, making insulin dose adjustments, exercise, complications, and coping.

Step 2: *Pump and Sensor Info (101): Open to patients/families interested in learning more about insulin pump therapy and necessary steps for obtaining a pump. Will have opportunity to see and ask questions about individual pumps prescribed at Children's at end of class.

***Pump Prep:** For families who have completed Pattern Class and Pump/Sensor 101. Focus of class is to learn pump terminology, how pump calculates doses, ketone management on a pump, and trial pump placement. After this class, worksheets must be completed before pump is ordered.

***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.** These are group classes including 1-3 families. Pump follow-up is individual appointment with a nurse practitioner.

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