

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. The focus is on sick day management, exercise, and additional diabetes management education.

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 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.

***Individual Nurse 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 Class One:** The focus is on beginning to recognize patterns in blood glucoses, making insulin dose adjustments, exercise, complications, and coping. Families interested in learning more about insulin pump and sensor 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 Class Two- Pump Prep:** At this class, families will learn more details about the pump including pump terminology, high and low blood sugar management with pump therapy, and insulin pump troubleshooting. A trial pump (with no insulin) will be placed so kids will know what it feels like to wear a pump.

***Pump Class 3- Pump Start:** This class is scheduled by the diabetes educators once you have received your pump. This class includes learning how to program the pump, give doses through the pump, and upload the pump at home. **MUST BRING ONE WEEK OF BLOOD SUGAR RECORDS TO PUMP START.** These are group classes including 1-3 families.

***Pump Follow-up Appointment:** This is an individual appointment with a nurse practitioner to adjust insulin doses and troubleshoot any questions or concerns.

Sensor Training: This training is scheduled individually by the patient and sensor trainer.

***Automode Training:** This is for patients starting the Medtronic 670G pump and sensor. This class is scheduled at least 7-10 days after starting the sensor.

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