



# Learning Opportunities

## A) Group Programs

### *Basic Programs:*

#### ◆ "Just the Facts"

After referral to the centre, this introductory session is usually the first contact for people with newly diagnosed diabetes. Basic facts about diabetes, diabetes management and healthy eating are discussed. Common misconceptions and questions about diabetes, as well as additional learning opportunities, are addressed. (about 2 hours)

#### ◆ "Skills for Success"

This program builds on "Just the Facts" with emphasis on the essential skills needed to manage diabetes including healthy eating, activity, diabetes medications and blood glucose monitoring. Benefits of good blood sugar management in preventing or delaying the long-term complications of diabetes are highlighted. Lab tests are done at the diabetes centre and results are discussed with participants during the program. Patients are encouraged to attend other education sessions/workshops based on their needs and interests. (2-3 sessions, 1 week apart)

#### ◆ "Skills for Success" - Insulin

This is the same as above, with more emphasis on insulin. Only people taking insulin participate in this program.

### *Beyond the Basics Workshops:*

These are in-depth sessions on specific important topics related to diabetes self-management. Topics include exercise, heart health, foot care, carbohydrate counting, label reading, medications, and stress management. (1-2 hours)

### *Drop-In Sessions:*

This is an opportunity for people with diabetes to ask questions without an appointment.

## B) Individual Assessment & Counselling

Individual appointments are available with a nurse educator and dietitian. All patients are offered an appointment usually following attendance in the core programs to assess any need for further education or treatment adjustments. Individual appointments are available for people not suited for group learning, those presently on insulin, or by patient request.

## C) Insulin Initiation & Adjustment

## D) Emergency Appointments

Offered to prevent hospital admission for education and/or non-acute management.

## E) Follow-Up

Ongoing support provided through individual, telephone and group formats.

## F) Regional Resource Centre

Wide selection of educational materials is available at the Burlington Site (Joseph Brant Community Health Centre - 1182 North Shore Blvd E. Basement, Burlington ON).

# Beyond the Basics Workshops

*Workshops are interactive and practical*

## Activity: "Moving right along"



Exercise is a key component in diabetes management. This workshop helps people get started and stick to an activity program. Effects of physical activity on blood sugar levels and its other health benefits are described. Precautions to take before exercising with diabetes, as well as suggestions to overcome the common barriers to exercise, are discussed.

## Foot Care: "Feet don't fail me now"



Diabetes can increase the risk of poor circulation, nerve disease, and foot infection. Foot care is an important part of diabetes management. A Chiropodist leads the discussion on ways to prevent foot problems and maintain healthy feet, appropriate footwear, tips for treating minor injuries, and footcare services.

## "Carbohydrate Crunching"



Carbohydrate is the focus - its role in health and diabetes, facts and myths, amounts, and sources. The dietitian discusses how counting carbohydrates can improve blood glucose levels and provide more freedom in food choices.

## "Label Reading"



The dietitian describes what food labels are, and how to make sense of them while grocery shopping or making food choices. The Canadian Diabetes Association (CDA) food symbols are also discussed.

## "Diabetes and Medication"



The pharmacist and nurse provide guidelines for taking pills for diabetes and choosing over the counter medications. Managing hypoglycemia and sick days are addressed. Over the counter medications for problems such as pain, stomach upset, coughs and colds are discussed.

## Stress Management



A stress management therapist helps participants recognize stressful situations in their lives, and find ways of coping with them. Strategies are practised during the session. The important link between stress and diabetes is discussed.

## "Healthy Heart"



Diabetes is a risk factor of Coronary Artery Disease (CAD). This workshop provides information on target values for blood lipid levels in diabetes. Different types of food fats and fibres and their effect on blood lipid levels are discussed. The importance of maintaining target blood lipid levels to reduce risk for CAD is emphasized.