

**LE BONHEUR OUTPATIENT DIABETES SELF-MANAGEMENT PROGRAM
2016**

CLASS TYPE	LOCATION	JAN.	FEB.	MAR.	APR.	MAY	JUNE	JULY	AUG	SEPT.	OCT.	NOV.	DEC.
Diabetes Basics 2 (DB2):Advancing Diabetes Care Every Wed 9:00 AM-12noon	Diabetes Clinic Suite 240	6 th 13 th 20 th 27 th	3 rd 10 th 17 th 24 th	2 nd 9 th 16 th 23 rd 30 th	6 th 13 th 20 th 27 th	4 th 11 th 18 th 25 th	1 st 8 th 15 th 22 nd 29 th	6 th 13 th 20 th 27 th	3 rd 10 th 17 th 24 th 31 st	7 th 14 th 21 st 28 th	5 th 12 th 19 th 26 th	2 nd 9 th 16 th 23 rd 30 th	7 th 14 th 21 st 28 th
Diabetes Basics Complete (DBC) Every 2nd and 3rd Tuesday 9:00 AM-3:30 PM	FedEx House/or Diabetes Clinic Suite 240	12 th 19 th	9 th 16 th	8 th 15 th	12 th 19 th	10 th 17 th	14 th 21 st	12 th 19 th	9 th 16 th	13 th 20 th	11 th 18 th	8 th 15 th	13 th 20 th
Diabetes Self-Management 1(SM1):Putting It All Together 9:00 AM-12 noon	Diabetes Clinic Suite 240			1 st			7 th			6 th		6 th	
Diabetes Self-Management 2 (SM2):Transition to Adulthood 9:00 AM- 12 noon	FedEx House	7 th					16 th				20 th		
Insulin Pump Introduction 1:00 PM- 4:00 PM	Tele-Conference Room Research Center			3 rd			2 nd			1 st			1 st
Cystic Fibrosis Related Diabetes (CFRD) Scheduled upon request													

****Please note highlighted dates - classes are held in Diabetes Clinic Suite 240**

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❖ **Class Times:**

- **Diabetes Basics and Diabetes Self-Management** classes are scheduled to start promptly at 9:00 A M. *Families are asked to arrive at 8:45 AM for check-in.* Please be aware class times may vary for individual (one-on-one) classes. Check-in-location-varies.
- **Insulin Pump Introduction** classes are scheduled to start promptly at 1:00 PM. *Families are asked to arrive at 12:45 PM for check-in.* Check-in location-Diabetes Clinic 51 North Dunlap Suite 240.

Class Descriptions

❖ **Diabetes Basics 2:Advancing Diabetes Care and Diabetes Basics Complete**

- Newly diagnosed patients and families will receive education on the following: diabetes overview, proper treatments and prevention of acute complications, insulin types, insulin administration, insulin adjustment, sick day management, safety at school, and meal planning.
- Referrals are received from the LB hospital, LB clinic, or outside referral.

❖ **Diabetes Self-Management 1:Putting It All Together**

- Build on previous classes, emphasizes prevention of chronic complications and problem solving.

❖ **Diabetes Self-Management 2:Transitioning to Adulthood**

- Strong concentration on patients transitioning from pediatric to adult care, and emphasis placed on patient taking responsibility for diabetes self-management.
- Recommended for ages 15-18 years old.

❖ **Insulin Pump Introduction**

- Topics will include: advantages and disadvantages of the pump, understanding basal and bolus, advanced carbohydrate counting, problem solving, and active communication.
- During the class, participants will have an opportunity to view various insulin pumps and ask questions regarding specific pumps.

Upon completing the class, participants can choose their desired pump and receive education specific to the chosen pump at a later date.

❖ **Cystic Fibrosis Related Diabetes**

- Education will include: what is cystic fibrosis related diabetes, prevention and treatments of complications, insulin types and proper administration of insulin, sick day management, and meal planning.