

Diabetes Education Class Referral

Class Schedule

(Details of topics discussed at each class are on the back)

March 2015

- ___ Tues the 3rd 6 to 8pm (Class 1 and Class 2) ___ Thurs the 12th 10am-12pm (Class 1 and Class 2)
 OR
 ___ Tues the 10th 6 to 8 pm (Class 3 and Class 4) ___ Thurs the 19th 10am-12pm (Class 3 and Class 4)
 OR
 ___ Thurs the 5th 10am to 12pm (Pre-Diabetes)
 OR
 ___ Thurs the 19th 12:30 to 1:30 (Support Group)

April 2015

- ___ Tues the 7th 6 to 8pm (Class 1 and Class 2)
 ___ Thurs the 23rd 10am-12pm (Class 1 and Class 2)
 OR
 ___ Tues the 14th 6 to 8 pm (Class 3 and Class 4)
 ___ Thurs the 30th 10am-12pm (Class 3 and Class 4)
 OR
 ___ Thurs the 2nd 10am to 12pm (Pre-Diabetes)
 OR
 ___ Thurs the 30th 12:30 to 1:30pm (Support Group)

May 2015

- ___ Tues the 5th 6 to 8pm (Class 1 and Class 2)
 ___ Thurs the 14th 10am-12pm (Class 1 and Class 2)
 OR
 ___ Tues the 12th 6 to 8 pm (Class 3 and Class 4)
 ___ Thurs the 21st 10am-12pm (Class 3 and Class 4)
 OR
 ___ Thurs the 7th 10am to 12pm (Pre-Diabetes)
 OR
 ___ Thurs the 21st 12:30 to 1:30 (Support Group)

Patient Name _____ DOB _____ Phone _____

By signing below, I acknowledge that my physician has referred me to the applicable Diabetes class(es) indicated above, and I agree to attend said class(es). If I need to reschedule, I will call 760-941-7309 x134 to do so.

 Signature

 Date

HbA1c Level

Date _____ Result _____ **Please attach most recent Lab Results if available

Educational Content

Class 1

- Introductions
- Questions/Topics Requested by Group
- The Team Approach: Who's in Charge of Your Diabetes?
- "Dispelling Diabetes Myths" Game and Prizes
- Understanding Diabetes: An Overview
- Monitoring Blood Sugar - Your Tool For Discovery
- "Don't change a thing!" –Test, Experiment, and Learn at Home

Class 3

- Gaining Insights from Last Week's Records
- Reducing Risk of Complications: The "ABCs" of Diabetes/Standards of Care
- Diabetes Medications-Group Activity
- Benefits of Physical Activity and Stress Management: Developing a Plan
- Continue to Test, Experiment and Learn at Home

Class 2

- Gaining Insights from Last Week's Records
- How Different Foods Affect Blood Sugar
- Plate Model and "Carb Counting" for Blood Sugar Control
- Reading Food Labels
- Meal Planning Interactive Activities – Meal and Snack Ideas
- Continue to Test, Experiment, and Learn at Home

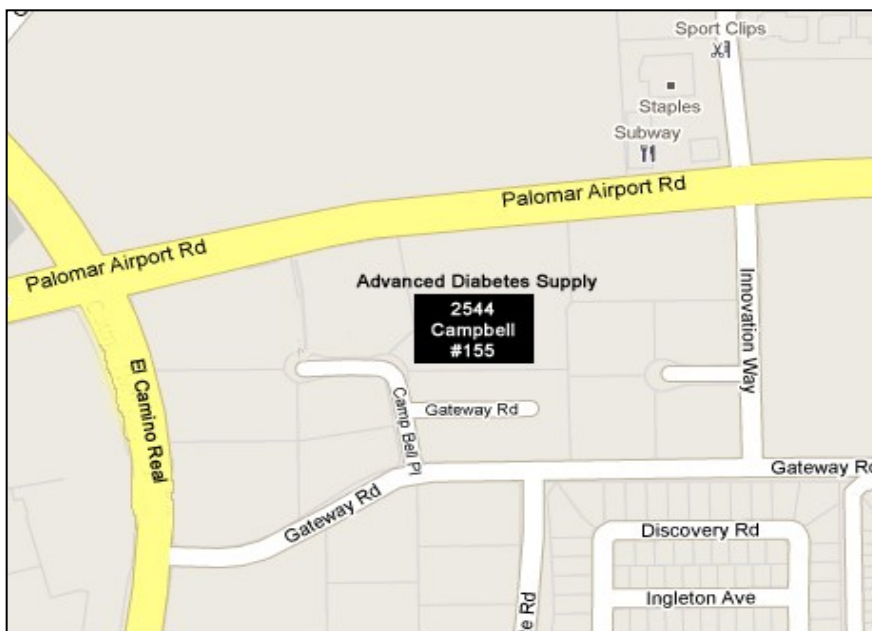
Class 4

- Gaining Insights from Last Week's Records
- Jeopardy Game and Prizes: High and Low Blood Sugars, Sick Days
- Foot Care and Foot Exams Per Request
- Securing Ongoing Support
- Setting Goals for the Future

Advanced Diabetes Supply (ADS)- Class Room

2544 Campbell Place, Suite 155

Carlsbad, CA 92009



Please bring:

- Support Person (optional if preferred)
- Snack (s) (optional if preferred)
- Meter/logbook (if you have one)