

# Initial Diabetes Self-Management Therapy:

*You will meet with a diabetes care and education specialist.*

The diabetes care and education specialist will complete a health history and provide you with education on what is diabetes, monitoring blood glucose (a sample meter will be given if needed), diabetes medications-actions, how to take and possible side effects, causes, symptoms and treatment of hypoglycemia and hyperglycemia, prevention of chronic complications, guidelines for meal planning and physical activity and help with changing behavior and psychosocial issues. Following this session you may consider attending group diabetes education sessions. Appointment duration: 1.5 to 2 hours.

## Group Diabetes Self-Management Therapy:

These three group workshops are led by a diabetes care and education specialist. Education is given via use of Conversation Mapping. This method of learning is interactive. The sessions cover all education required to be provided by an education program that is recognized by the American Diabetes Association in meeting the National Standards of Diabetes Self-Management Education. Four maps are covered during the three sessions. These include:

### Workshop 1: (Approximately 2 hours)

Map 1: On The Road To Better Managing Your Diabetes

### Workshop 2: (Approximately 2 hours)

Map 2: Diabetes and Healthy Eating

### Workshop 3: (Approximately 3 hours)

Map 3: Monitoring Your Blood Glucose  
Map 4: Continuing Your Journey With Diabetes

### Location:

PH DuBois or PH Elk

At the end of the third session you will make a six week goal of a behavior that you plan to work on to improve your blood glucose management.

## Follow-up Diabetes Self-Management:

You will meet with a diabetes care and education specialist to review your progress with the behavior change goal that you have been working on and receive continued education on diabetes in such areas as skin and foot care, heart healthy meal planning and pattern management so that you can better self-manage your blood glucose levels. Appointment duration: 1-1.5 hours.

### Additional Insulin/Non-insulin Injectables Training:

This session will include all that is covered in the initial diabetes self-management session (see above), including specific education on insulin action, duration, time to take and side effects, drawing up and administering insulin via syringe/insulin pen, site selection, rotation and safe disposal of needles. Appointment duration: 1.5 hours.

### Continuous Glucose Monitor Study:

During this session you will be instructed on the use of a continuous glucose monitoring device that will monitor blood glucose levels every 5 minutes. This technology will help to detect trends and track patterns of blood glucose levels below or above the desired range. Your provider will use this information to adjust your diabetes medications for improved blood glucose control. Appointment duration: 20 – 60 minutes depending on education needs.

### Gestational or Diabetes with Pregnancy:

During this session you will meet with a diabetes care and education specialist who will complete

a health history, provide you with education on what is gestational diabetes or the significance of managing blood glucose in pregnancy if you already have diabetes, monitoring blood glucose (a sample meter will be given if needed), and diabetes medications if needed (actions, how to take and possible side effects), causes, symptoms and treatment of hypoglycemia, and how to prevent diabetes in the future for those with gestational diabetes. The diabetes care and education specialist will complete a nutrition assessment and will provide an individualized meal plan taking other health care issues into account and educate on meal planning and physical activity. Appointment duration: 1 hour.

### Insulin Prepump:

A prepump appointment would include all that is covered in an initial diabetes appointment by the diabetes care and education specialist along with other information as follows: The nutrition education will cover advanced carbohydrate counting knowledge needed to determine grams of carbohydrates eaten for use with an insulin to carbohydrate ratio, sick day meal planning, causes, symptoms and treatment of hypoglycemia, eating away from home, snack guidelines and timing of exercise in relation to meals and use of alcohol. The diabetes care and education specialist will cover goals of therapy, pros and cons of pump therapy, wearing the pump, monitoring for pump therapy, hypo/hyperglycemia and its treatment, diabetes ketoacidosis prevention, sick day management and ketone testing. Appointment duration: 2 hours.

### Insulin Pump Start:

An insulin pump start is scheduled when you

are new to insulin pump therapy, with orders by your physician for settings to begin pump therapy. You would bring your pump which you received at home, insulin, tubing, reservoir, infusion sets and blood glucose monitor. You will receive instruction on basic pumping, use of the bolus calculator, reservoir and infusion set change and troubleshooting pump problems. You will leave the visit pumping insulin with conservative setting recommended by your physician. You will check your blood glucose eight times/day and see your physician within one week for any adjustment of settings that is needed. You will return for a pump follow up visit in 1 month for instruction on advanced pump features. Appointment duration: 2-3 hours.

#### **Insulin Pump Follow-up:**

An insulin pump follow-up is completed after you are using the basic features of your pump for at least a month, or you can be referred by your physician if you need a brush up on the use of basic and advanced features in your pump. Instruction is given at that time on how pumping is going for you, any special question or problems you may have with pumping, advanced carbohydrate counting for pumping (as needed) and advanced features of your pump. Appointment duration: 1-2 hours.

#### **Insulin Pump Upgrade:**

An insulin pump up-grade is completed when you have used your pump for four or more years and the pump company and insurance company give you an up-grade to a new pump with new advanced features. You will receive a review of basic pumping, new advanced features and problem solving for any pump questions

you may have. The settings are transferred from your original pump to the new pump. Appointment duration: 1-2 hours.

The following service is available at all PHH locations except Moshannon Valley Community Medical Building and St Marys Community Medical Building

#### **Medical Nutrition Therapy:**

A registered dietitian will complete a nutrition assessment and provide medical nutrition therapy that will include recommended food group servings, portion sizes, foods recommended vs not recommended, determining nutrient content of foods from a nutrition label, planning meals for at home and eating out with sample menus given. Initial assessment appointment duration: 45-60 minutes. Follow-up appointment (to review food records and to address other nutrition related concerns) duration: 20-30 minutes.

#### **Questions or concerns call:**

Jeril Goss, RD, LDN, CDE, Manager  
814-375-3890

Revised July 2021

## **CENTER LOCATIONS**

**To schedule an appointment  
call 814-375-3890**

### **BROOKVILLE**

Medical Office Building  
88 Hospital Road | Brookville, PA

### **CLEARFIELD**

809 Turnpike Avenue, Suite 220 | Clearfield, PA

### **DUBOIS**

145 Hospital Avenue, Suite 105 | DuBois, PA

### **HUNTINGDON**

820 Bryan Street, Suite 1 | Huntingdon, PA

### **PHILIPSBURG**

*Only Wellness Center in Philipsburg!*  
271 Railroad Street | Philipsburg, PA

### **PUNXSUTAWNEY**

21911 Route 119 | Punxsutawney, PA

### **ST. MARYS**

*Two locations!*

763 Johnsonburg Road | St. Marys, PA  
1100 Million Dollar Highway, Suite 3 | St. Marys, PA

**To schedule an appointment  
call 814-648-6305 in Tyrone.**

### **TYRONE**

187 Hospital Drive | Tyrone, PA

### **VISIT US ON THE WEB**

[www.phhealthcare.org](http://www.phhealthcare.org)



# **DIABETES AND NUTRITION WELLNESS CENTER**

*Management  
& Support Services*

