

Vancouver Clinic Diabetes Management Program

Diabetes Self-Management Education/Training Curriculum

GO109 is the billable code. Check your individual insurance for coverage, deductibles and/or co-pays prior to attending class.

First Session: 1 Hour Individual Assessment

- Blood Glucose Monitoring
- Insulin Administration (as needed)
- Assessment for Meal Planning

Class 1: 3 Hours

- Basic Facts about Diabetes
- Diabetes Medications (insulin and oral)
- Acute Complications (Hypo/Hyperglycemia)
- Blood Glucose Monitoring/ Review of Blood Glucose Readings
- Goal Setting

Class 2: 3 Hours

- Review of Blood Glucose Readings
- Healthy Eating Guidelines
- Benefits of Meal Planning
- Meal Planning: Carbohydrate, Protein, and Fat
- Nutrition Facts Label
- Social/Emotional Eating
- Eating Out
- Menu Planning
- Exercise & Diabetes
- Goal Setting

Class 3: 3 Hours

- Sick days
- Chronic Complications & Prevention
- Reduction of Risk Factors
- Stress Management
- Wellness Care
- Goal Setting/ Community Resources
- Class Evaluations

Follow-up by phone/email throughout the next year!

- Review of Blood Glucose Readings
- Review of Meal Planning/Exercise
- Review of Goals/Resources