Randall Children's Diabetes and Endocrine Center

Education Classes. Call 503-413-1600 for more information

Eating Well with Diabetes
Learners will learn about *nutrition*, food components (carbohydrates, protein, fat, vitamins/minerals, water, fiber) and their role in the body's health, the effect of carbohydrates on blood sugar, managing blood cholesterol and lipid levels and how to develop a meal plan for diabetes.

Counting Well with Diabetes
Attendees will learn what foods have carbohydrates; common *carbohydrate counts* of the most commonly eaten foods, reading food labels, how to estimate carbohydrates without food labels, how to use this information to dose medication and much more!

Playing Well with Diabetes
Learners will discuss reasons why *exercise* is beneficial, its effect on blood sugars, how to make changes in food and medication doses to account for activity, and how to manage the "lag effect" of exercise.

Healing Well with Diabetes
Attendees will learn *sick day management* due to illness, infection or injury. Learners will be able to manage low blood sugars associated with vomiting, high blood sugars and ketones, preventing dehydration with fluids, preventing diabetic ketoacidosis, and managing elective surgery.

Adjusting Well to Diabetes
Attendees will learn how to do *insulin adjustment* to manage patterns of high or low blood sugars. Learners will be able to adjust an insulin-to-carbohydrate ratio, a high sugar correction and set doses of insulin.

Dealing Well with Diabetes
Learners will identify *psychosocial issues*: feelings associated with being newly diagnosed with diabetes, how to get additional help and support, identifying stressors and developing coping strategies to address them, the role of the person with diabetes versus the caregiver(s), age appropriate diabetes self-management tasks, managing diabetes in the school setting and benefits of attending diabetes camps for kids.

Coping Well with Diabetes: For Teens!
This session is for teens who are *burned out from having diabetes*. In this class, they meet with other teens with diabetes and problem-solve barriers preventing them from managing their diabetes effectively. Separately, parents meet with our Pediatric Social Worker to discuss parenting techniques as well as ways to support their teen during this challenging time.

Living Well with Diabetes
Attendees will learn the relationship between blood sugar control and *long-term complications*, what the long-term complications are and what factors affect these complications, and the routine tests used to monitor and screen for complications.

Education Needs Assessment
This session is for people who have had diabetes for a while, but feel that they may not have all of the diabetes self-management education (DSME) they need to successfully manage their condition. This 90 minute class will explore all of the topics related to DSME and which areas are deficient. A test that explores all of the topics is given to the attendee and then the results of this test are discussed with a Certified Diabetes Educator (CDE) so that a plan for further education on deficient areas can be made. Topics explored include:

- Diabetes Disease & Treatment Process
- Insulin/Medication Management
- Blood Sugar Monitoring
- Nutrition
- Exercise
- Acute Complications (high & low blood sugar/sick day management)
- Chronic Complications
- Psychosocial Concerns
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Insulin Pump Therapy
Individuals interested in using an insulin pump to manage their diabetes are invited to participate in this education continuum. It starts with an "Introduction to Pump Therapy" information session. Those who wish to move forward then obtain a pump and are trained on its use. After the basic training, the "Advanced Pump Features" class teaches pumpers expanded pumping skills.

Basal/Bolus Therapy
Those who are managing their diabetes with a constant carbohydrate meal plan and insulin including NPH may wish for more flexibility with meal times and carbohydrate amounts. This education session will teach attendees how to change to a system without NPH, as long as it is approved by the patient's doctor.

Pen Teach
Attendees who have been utilizing syringes for insulin administration and want to use an insulin pen instead can learn how to use a pen and practice before using it on themselves! Learn the tips and tricks for using pens effectively and with the most accurate results.

Medical Nutrition Therapy
Registered Dietitians will work with kids and teens who need strategies for dealing with any of the topics below:

- Obesity
- Pre-Diabetes/Insulin Resistance
- High Cholesterol
- High Blood Pressure
- Celiac Disease
- Failure to Thrive