

Diabetes self management education

- Individuals from the wider community can also access diabetes education. Referral from a GP is useful, but not necessary.

How much does it cost?

Medicare may fund a limited number of consultations for people with a chronic condition who have a team of health professionals involved in their care. This is under an Enhanced Primary Care Plan and a full referral from a GP is required.

All other patients attending the service will incur a cost of \$65 for the initial consultation and \$50 for review.

Anyone holding private health insurance may be eligible to claim a rebate under their auxiliary cover, depending on their fund and level of cover.

DVA gold card holders are funded for attendance with a referral from their GP.

Contact

Please call our Credentialed Diabetes Educator directly on 0407 050 218 to discuss all aspects of the service.

M: 0407 050 218

F: 03 5226 1382

E: geelong.diabeteseducation@sjog.org.au



St John of God Hospital, Geelong is located on Myers Street Geelong.



80 Myers Street Geelong VIC 3220
Tel: 03 5226 8888 Fax: 03 5221 8807
www.sjog.org.au Email: info.geelong@sjog.org.au

St John of God Health Care Inc. (Limited Liability) ARBN 051 960 911. ABN 21 930 207 958
Published March 2009



St John of God Health Care is a leading provider of Catholic hospitals, diagnostic and outreach services, basing its care on the values of Hospitality, Compassion, Respect, Justice and Excellence.

Diabetes self management education

Understanding Diabetes

Diabetes is a complex, long-term disease marked by high levels of glucose in the blood, which can affect the entire body. It occurs when the body does not produce enough insulin (a hormone released by the pancreas) or respond well enough to insulin.

Integral to the success of the clinical management of diabetes is the self care knowledge and the capacity of the person with diabetes to adapt their lifestyle to optimise their physical and psychological well being.



What is Diabetes Self Management Education?

It is about providing people with diabetes with the knowledge, skills and motivation to effectively manage their condition.

The overall aim is to assist patients to reduce the risk of diabetes complications.

What is a Credentialed Diabetes Educator?

'Credentialed Diabetes Educator' is the nationally recognised qualification for the quality assured provision of diabetes self management education. Their aim is to promote optimal health and well being for individuals (or their carers), affected by diabetes using a range of specialised knowledge and skills.

Diabetes Education is available for:

- Management principles of Type 1, Type 2, Gestational and Pre-diabetes
- Blood glucose monitoring techniques
- Interpreting blood glucose levels in relation to food, physical activity and medication
- Starting insulin injections /pump therapy
- Starting oral medications
- People who are experiencing recurrent or severe episodes of hypoglycaemia
- People who are experiencing high or unstable blood glucose levels
- Sick day management
- Foot care
- Surgery and diabetes
- Changes in lifestyle or contemplating travelling
- Pregnancy or contemplating becoming pregnant
- Feeling stressed or 'burnt out'

Resources available

- Information sheets
- Booklets
- Loan blood glucose meter for women with Gestational Diabetes
- NDSS registration forms

Where does the consultation occur?

Our Credentialed Diabetes Educator will meet you at reception at St John of God Hospital, Geelong 80 Myers Street when you arrive for your booked consultation time.

How long will the consultation last?

Waiting time to access the service is kept to a minimum. Initial consultation takes approximately one hour, review appointments take approximately half an hour.

How to access the service

You may refer yourself to this service or be referred by your GP or specialist.

Contact our Credentialed Diabetes Educator to arrange an appointment.

Who can attend the service?

Anyone is welcome to attend diabetes self management education at St John of God Hospital, Geelong however there are three main classifications of people:

- Past patients of St John of God Hospital, Geelong are encouraged to attend for any ongoing diabetes education.
- Prospective patients are also welcome to attend.