CHILDERN’S HOSPITAL
UNIVERSITY OF ILLINOIS (CHUI)
DIABETES CLASS DESCRIPTION

List of Educators

Ruth Melgoza-Walker, RN, BSN, CDE
Debara Preston, RN, CDE
Marla Solomon, RD, LD/N, CDE

Location

Outpatient Care Center
Children and Adolescent Center 2E
1801 W. Taylor St. Chicago, IL 60612
**Type 1:**

**Daily Diabetes Necessities**
First day of training with patient and family who is newly diagnosed.

**Diabetes Precautions and Treatments**
Second day of training after insulin has begun - either inpatient or outpatient

**Beginning Carb Counting**
Third clinic visit after diagnosis. Emphasis on adjustment, transition to regular schedule, coping, learning flexible insulin management. The dietitian teaches basic carb counting and establishes expectations in meal management.

**Building On Your Current Knowledge**
Review and transition to self care.

- **DKA Class:**
  - **DKA Prevention**
    How it occurs, how to treat, and how to prevent. Family partnerships, goal setting and problem solving are discussed.

**Self Management:**

- **Nutrition: Past the Carb Counting**
  Building on food knowledge. Emphasis on how to be flexible with food choices while discussing limits and nutritional needs. Introduction to how non-carb foods can impact blood sugar, and the glycemic index.

  **Building and expanding on knowledge in survival classes.**

  **Emphasis on prevention of low blood sugars, anticipating situations in which child might have low blood sugar, esp. activity and exercise.**

**Pre-Pump Classes:**

- **Pre-Pump**
  Introductory class for pump start. Review of carb counting, psycho-social preparation for charges regarding: pump, dose and glucagon review.

- **Pump-Start**
  Start up on the Insulin Pump. Review of treatment of Hypoglycemia and Hyperglycemia, including sick day with emphasis on prevention of DKA, with problem solving. Introduction of pump use with exercise.

- **Advanced Pump**
  This is an advanced skills and problem solving class regarding: the use of insulin pump. Includes advanced pump features, problem solving with insulin adjustments and physical activity.

**Type 2:**

**Daily Diabetes Necessities**
First day of training with patient and family who is newly diagnosed with Type 2 diabetes

**New Diabetes Nutrition**
First nutrition contact with patient newly diagnosed with Type 2 diabetes.

**Beginning Carb Counting**
Third clinic visit after diagnosis. Emphasis on adjustment, transition to regular schedule, coping, learning flexible insulin management. The dietitian teaches basic carb counting and establishes expectations in meal management.

**Building On Your Current Knowledge**
Builds on reinforcement of earlier content.

**INDIVIDUAL APPOINTMENTS ARE ALWAYS AVAILABLE WITH CERTIFIED DIABETES EDUCATORS**

**CLASSES HELD ON TUESDAYS. CONTACT THE DIABETES EDUCATOR.**