

2009 Class Series



The Division of Endocrinology, Metabolism and Diabetes offers two comprehensive class series for people with diabetes or those who have been diagnosed with prediabetes: **General Education** and **Intensive Education**. There is also a **Carbohydrate Education** class for people who need to fine-tune their diabetes nutrition knowledge and an **Insulin Pump** class for those considering this form of therapy. In addition, we offer one-on-one **nutrition counseling** for people who need individual attention for diabetes nutrition.

All classes take place in McCampbell Hall on the campus of OSU Medical Center, 1581 Dodd Drive, fourth floor.

To register, call **(614) 292-3800**. We do not require a referral, though it is preferred.

General

This class is ideal for people who have been diagnosed with prediabetes, are newly diagnosed with diabetes, have never attended diabetes education or need to get back on track. Concepts covered in Class One include blood glucose monitoring and target levels, nutrition education, medications and exercise. Class Two concepts include making a day-to-day plan for living with diabetes, avoiding long-term complications, treating short-term complications and evaluating current diabetes management.

Classes consist of two sessions each lasting three hours (1 to 4 p.m.). A new series starts at the beginning of each month.

Class dates:

August 12 (Class One)	September 23 (Class Two)	November 18 (Class Two)
August 26 (Class Two)	October 7 (Class One)	December 2 (Class One)
September 9 (Class One)	October 21 (Class Two)	December 16 (Class Two)
	November 4 (Class One)	

Morning classes (8 a.m. to noon) have been added:

August 11 (Class One)	October 9 (Class One)
August 25 (Class Two)	October 23 (Class Two)

Intensive

Intensive classes are for people who are managing their diabetes by monitoring blood glucose and taking rapid active insulin prior to each meal. Class One concepts include monitoring and recording blood glucose levels, carbohydrate counting and dosing insulin based on an insulin:carbohydrate ratio and a sensitivity factor. Class Two concepts include evaluating blood glucose trends, medication adjustments, avoiding long-term complications and treating acute complications.

Classes consist of two sessions each lasting three hours (1 to 4 p.m.). A new series starts at the beginning of each month.

Class dates:

August 13 (Class One)	September 24 (Class Two)	November 19 (Class Two)
August 27 (Class Two)	October 8 (Class One)	December 3 (Class One)
September 10 (Class One)	October 22 (Class Two)	December 17 (Class Two)
	November 5 (Class One)	

Nutrition 1:1

These limited spots are for individuals who are current in their diabetes management but need to fine-tune the nutritional aspects of their diabetes management. A session lasts one hour with a dietitian specializing in diabetes education.

Morning time slots are 8 a.m., 9:30 a.m. and 11 a.m. Afternoon time slots are 1 p.m. and 2:30 p.m. For the all-day dates, there are five available spots.

Class dates:

August 3 (morning)	September 28 (all day)	November 9 (afternoon)
August 17 (afternoon)	October 12 (morning)	November 12 (all day)
August 31 (all day)	October 26 (afternoon)	December 7 (morning)
September 14 (morning)	October 29 (all day)	December 14 (afternoon)
September 21 (afternoon)	November 2 (morning)	December 21 (all day)

Carbohydrate

The Carbohydrate Class is geared to people who are really in tune with their diabetes but need to count carbohydrates and dose insulin based on an insulin:carbohydrate ratio and sensitivity factor. If you do not have a ratio already established, one will be determined based on your medical needs.

Class times are 8-10:30 a.m.

Class dates:

August 19	November 23
September 16	December 9
October 14	

Insulin Pump

This introductory class will cover the benefits and disadvantages of insulin pump therapy, review insulin pump models and discuss our process for initiating insulin pump therapy. Pump manufacturers are on hand to answer questions. Sessions are free, but registration is required.

Classes run from 1 to 2:30 p.m.

Class dates:

July 22	October 28
August 19	December 30
September 30	