

# Diabetes Research Center's Diabetes Self-Management Courses



The Division of Endocrinology, Metabolism and Diabetes offers two comprehensive class series for people with diabetes or those who have been diagnosed with pre-diabetes: General Diabetes Self-Management and Intensive Diabetes Self-Management. 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 Ohio State University Medical Center, 1581 Dodd Drive, fourth floor.

To register, please contact your physician's office and tell them you'd like to be referred. We require a physician referral and orders. Please call **(614) 292-3800** with questions.

## GENERAL DIABETES SELF-MANAGEMENT

This class is ideal for people who have been diagnosed with pre-diabetes, 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, carbohydrate counting and meal planning, 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, eating heart-healthy and evaluating current diabetes management. Classes consist of two sessions each lasting three hours (12:30 to 4 p.m., and every other month 8:30 to 11:30 a.m.). A new series starts at the beginning of each month.

### Main Campus:

#### **Afternoon class dates: 12:30 - 4 p.m.**

January 5 & 12	April 6 & 20	July 6 & 20	October 5 & 19
March 2 & 16	June 1 & 15	September 7 & 21	December 7 & 21

#### **Morning class dates: 8-11:30 a.m.**

February 11 & 25	May 13 & 27	August 12 & 26	November 4 & 18
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### University Hospital East:

January 11 & 25	April 12 & 26	July 12 & 26	October 11 & 25
February 8 & 22	May 10 & 24	August 9 & 23	November 8 & 22
March 8 & 22	June 14 & 28	September 13 & 27	

## INTENSIVE DIABETES SELF-MANAGEMENT

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

Classes consist of two sessions each lasting three hours (1 to 4 p.m., and every other month 8:30 to 11:30 a.m.). A new series starts at the beginning of each month.

**Afternoon class dates: 12:30-4 p.m.**

January 6 & 27	May 5 & 19	November 10 & 17
February 3 & 17	August 11 & 25	

**Morning class dates: 8-11:30 a.m.**

January 6 & 27	May 5 & 19	November 10 & 17
February 3 & 17	August 11 & 25	

**1:1 NUTRITION**

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

Morning time slots are 8:30 a.m., 10 a.m. and 11 a.m. Afternoon time slots are 1:45 p.m. and 3:15 p.m. There are five available spots for the all-day sessions.

**Main Campus:**

January 11 & 25	April 12 & 26	July 12 & 26	October 11 & 25
February 8 & 22	May 10 & 24	August 16 & 30	November 1 & 21
March 8 & 22	June 7 & 21	September 13 & 27	December 13 & 19

**University Hospital East:**

January 4 & 18	April 5 & 19	July 5 & 19	October 4 & 18
February 1 & 15	May 3 & 7	August 2 & 16	November 1 & 15
March 1 & 15	June 7 & 21	September 6 & 20	December 6 & 20

**INSULIN PUMP INFORMATION / CONTINUOUS GLUCOSE MONITORING SESSIONS**

The insulin pump information session is free of charge and outlines the advantages and disadvantages of using an insulin pump. The session also covers eligible pump candidates, expectations of insulin pump usage and the process involved in this therapy.

The class is 90 minutes and includes a review of current insulin pumps on the market. Insulin pump vendors are present after the session to answer any additional questions participants may have. Classes are held on the fourth floor of McCampbell Hall on the OSU campus.

All pump information sessions are scheduled at 1 p.m. and the continuous glucose monitoring sessions are scheduled at 3 p.m.

January 26	April 27	July 27	October 26
February 23	May 25	August 31	November 30
March 30	June 29	September 28	