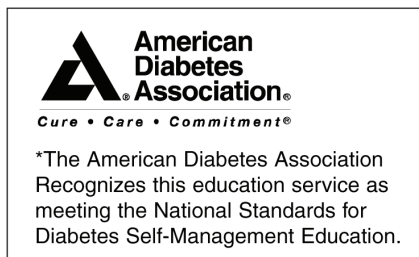


Diabetes Skills and Self-Management Program costs are covered by most insurances. Please check with your insurance provider prior to your first visit for authorization. Your program may be covered under your employer's cafeteria plan. Visits may also be tax deductible. Financial assistance and a scholarship program may be available for those who qualify.



Diabetes Services
Scheduling
660-890-7084



Mission

To provide quality health and wellness services.

Vision

To make a positive difference in the health and wellness of each life we touch.

Values

Quality
Compassion
Professionalism
Excellence
Accountability



Diabetes Services
1600 N. 2nd Street
Clinton, MO 64735
660-890-7084

www.gvmh.org

Diabetes Services



Diabetes Can Be Controlled

Our Program

The diabetes team at GVMH can help you control your diabetes with treatment and educational programs tailored to meet your needs.

Diabetes affects different people in different ways. Our programs are personalized to provide one-on-one instruction.

By working closely with you and your physician, we can replace fear with knowledge and turn anxiety into action. Learning to live with diabetes is the key to successfully managing it.

You can do something about your diabetes, and we are here to help. The Diabetes Control and Complications Trial (DCCT) has proven that good diabetes control can prevent or delay the complications of diabetes.

Family Involvement

Golden Valley Memorial Healthcare believes educating each patient and their family gives the patient a better chance for success. Patients are encouraged to bring a family member or significant other with them to each session.

The Golden Valley Memorial Healthcare Diabetes Skills & Self-Management program has been Recognized by the American Diabetes Association for quality Self-Management Education*.

Our program includes:

- Individual sessions with a Registered Nurse and a Registered Dietitian, both of who are Certified Diabetes Educators (CDE).
- Three group sessions taught by healthcare professionals including:
 - Social Worker
 - Registered Dietitian
 - Registered Nurse
- One group follow-up session taught by a Certified Diabetes Educator (CDE), and a Certified Wound Care Nurse.
- A variety of topics:
 - Overview of Diabetes
 - Blood Glucose Monitoring
 - Goal Setting
 - Meal Planning
 - Medications
 - Exercise
 - Foot Care and Assessment
 - Stress Management
 - Preventing Complications

Each patient in our Diabetes Skills and Self-Management Program may be scheduled for meal planning sessions with a registered dietitian. Each patient is also counseled regarding possible lifestyle changes and the

importance of setting behavioral change goals. Patients who complete the four-session program, may repeat any part of the group class, free of charge.

Family Involvement

The American Diabetes Association has established Standards of Medical Care for patients with diabetes. Included in the Standards of Care are recommendations that diabetes patients receive:

- A management plan set up with each patient, family, and members of the health care team, to achieve a desired level of glycemic control.
- A daily self-monitoring schedule for home blood glucose recording.
- Individualized nutrition counseling to develop a meal plan.
- A routine exercise plan.
- Individual medication regimen, prescribed by a physician.
- An annual lipid profile.
- Glycosylated hemoglobin (HgBA1c) testing at least twice a year. This test measures a patient's average blood sugar over a period of several months.
- Instruction in foot care and regular foot exams by a qualified health care professional.