

Diabetes education course topics

Health Engagement and Wellness Services

“Diabetes Basics”

Session 1: Managing your diabetes

- Introduction and course goals
- Understanding diabetes — type 1 and type 2
- Using your blood glucose meter
- Knowing what your glucose numbers mean
- Living with diabetes
- Personal action plan introduction

Appointment date: _____

Session 2: Healthy eating

- Looking for glucose patterns and trends
- Identifying thoughts and feelings about food
- Planning your food choices
- Effect of food on blood glucose
- Carbohydrate counting
- Your personal action plan

Appointment date: _____

Session 3: Continuing your journey

- Solving problems identified in your action plan
- Managing low and high blood glucose
- Planning for sick days
- Screening for complications
- Reviewing medications
- Working with your health care team
- Planning travel
- Physical activity
- Your personal action plan

Appointment date: _____

“Insulin Information”

- Learning how to give an insulin injection
- Knowing insulin action and timing in relation to meals and exercise
- Storage tips
- Understanding blood glucose and A1c targets
- Sharps disposal
- Preventing and correcting low blood glucose
- Sick day management

Registration information

To register by phone, please call between 8 a.m. and 5 p.m., Monday through Friday, and select option 1:

Portland.....503-286-6816

All other areas.....1-866-301-3866 (toll free)

Please have your health record number and credit or debit card available when you call.