SWEDISH DIABETES EDUCATION CENTER

Diabetes Class Schedule
July-December 2013

Seattle and Issaquah

Welcome to the Swedish Diabetes Education Center

Whether you have just recently been diagnosed, or have lived with diabetes for many years, ongoing education is essential to maintaining good health. The more you know about diabetes, the more effective you will be in controlling it. The Swedish Diabetes Education Center provides the self-management education that you need to successfully manage diabetes and reduce the risk of complications.

The following is a list of classes offered from July through December 2013. All classes are taught in English. If you are non-English speaking or have special needs we can provide individual instruction to fit your unique situation. Members of the teaching staff are certified diabetes educators, each with more than 15 years of experience as a nurse or dietitian.

The program is recognized by the American Diabetes Association and is Medicare-approved.

For more information or to access a class schedule online, go to www.swedish.org/diabetes.

How to Register for a Class

If you are interested in attending one of our classes, call 206-215-2440. A patient-care coordinator will be available to answer any questions you have about the class. You will also be reminded of the following prior to your scheduled visit:

- You will need a referral from your physician that includes clinical information about your diabetes; this will help us in billing your insurance company. Ask your physician to fax in a referral or send it electronically. Our fax number is 206-215-2457.

Class Locations

- **Swedish/First Hill**
  801 Broadway, Suite 611
  Seattle, WA 98122
- **Swedish/Issaquah**
  751 N.E. Blakely Dr.
  Issaquah, WA 98029
- **Swedish Maternal and Fetal Specialty Center**
  1229 Madison, Suite 750
  Seattle, WA 98104
- **Swedish/Edmonds**
  21601 76th Ave. W.
  Edmonds, WA 98026
  (For Edmonds classes, call 425-640-4395 or visit www.swedish.org/diabetes)

Diabetes Education Center Services

Diabetes Education Class

This series of three classes provides an introduction to diabetes self-management.

- **First Steps**

  (3½ hours – offered three times a month)

  Participants in this class will learn the physiology of diabetes and how to do blood-glucose monitoring using his or her own meter or a meter that will be provided. Participants will also learn the basic principles of nutrition, including how food affects blood glucose, carbohydrate management, portion control and other meal-planning strategies.

  Location: First Hill and Issaquah

- **Second Steps**

  (3½ hours – offered three times a month)

  This class builds on the foundation provided in First Steps. It includes discussion of medications, hypoglycemia, sick-day management, carbohydrate counting and the role of activity in blood-glucose management. A social worker presents strategies for staying healthy and preventing complications.

  Prerequisite: Completion of *First Steps* or recommendation from your certified diabetes educator

  Location: First Hill and Issaquah

- **Third Steps**

  (3½ hours – offered three times a month)

  This class discusses portion control, eating out and principles of heart-healthy meal planning. An endocrinologist presents strategies for staying healthy and preventing complications.

  Prerequisite: Completion of *Second Steps*

  Location: First Hill and Issaquah

  At each class in the series, experience in blood-glucose pattern identification is practiced and self-management goals are identified.

Gestational Diabetes Class

This class teaches the woman with gestational diabetes how to manage her blood glucose during pregnancy. The participant will learn about the physiology of gestational diabetes and the basic principles of nutrition. She will be taught how to do blood-glucose monitoring using a meter that will be provided.

Location: Maternal and Fetal Specialty Center *(Individual appointments are available if needed in First Hill and Issaquah.)*

Gestational Diabetes Follow-up

This class evaluates progress toward blood-glucose control with the pregnant mother.

Prerequisite: Completion of *Gestational Diabetes Class*

Location: Maternal and Fetal Specialty Center *(Individual appointments are available if needed in First Hill and Issaquah.)*

Insulin Start

(one hour – available by appointment)

This class teaches insulin-injection techniques, how insulin works, and how hypoglycemia is recognized and treated.

Prerequisite: Physician orders and monitoring

Location: First Hill and Issaquah

Introduction to Insulin Pumps

(scheduled as requested)

This one-hour appointment with an R.N. introduces the patient to the features of an insulin pump. Information and materials are provided for the patient who is deciding whether insulin pump therapy is right for them.

Prerequisite: Recent records of blood-glucose monitoring and understanding of basic principles of diabetes self-management plus a physician referral

Location: First Hill and Issaquah

Insulin Pump Start

(available by appointment; time spent is dependent on patient need and will be agreed on by patient and instructor when making the appointment for the pump start)

This series of classes teaches patients how to use an insulin pump.

Prerequisite: Assessment appointment with an R.N.; a letter of medical necessity from an endocrinologist; authorization from the insurance company for pump, supplies and training; and demonstrated understanding of carbohydrate counting and blood-glucose monitoring

Location: First Hill and Issaquah

Pre-Diabetes Class

(two hours – offered twice a month at First Hill and once a month at Issaquah)

This class is taught by a registered dietitian. It covers topics related to lifestyle modifications which may prevent or delay the development of type 2 diabetes. Nutrition and physical activity recommendations are discussed. *Note:* This class may or may not be covered by your insurance plan; check with your carrier.

Location: First Hill and Issaquah

Assessment of Diabetes Control – For Insulin-Pump Users

(by appointment only)

During this individual appointment, a certified diabetes educator will evaluate the participant's current pump practices and rates. Updates on the latest insulin pump advancements will be provided. The assessment is suggested at least annually for all pump wearers and any other time when the achievement of improved blood glucose is desired.

Location: First Hill and Issaquah

Support Group

The Swedish Diabetes Eduction Center serves as a meeting place for a volunteer-led support group. The group meets on the first Wednesday of every month at 7:30 a.m. Please feel free to drop in. Call 206-215-2440 for more information.

Location: First Hill

Continuous Glucose Monitoring (Sensor)

(scheduled as requested)

For patients interested in obtaining a glucose sensor: This one-hour appointment with an R.N. introduces the patient to the features of continuous glucose monitoring.

For patients already on a sensor and need help management: A series of appointments as needed to teach patients how to intensively manage their diabetes with the data obtained from their sensor.

Location: First Hill and Issaquah

Medical Nutrition Therapy

(by appointment only)

Patients who require additional nutrition education may be eligible for medical nutrition therapy after completing the Steps classes. Medical nutrition therapy is also available for other nutritional needs.

Location: First Hill and Issaquah

Diabetes Education for Medical Office Personnel

This four-hour class is offered for medical office personnel to enhance their knowledge when dealing with patients who have diabetes. It is taught by certified diabetes nurse and nutrition educators. The emphasis is to troubleshoot aspects of diabetes care and offer practical tips in supporting patients. Topics include physiology of diabetes, blood glucose monitoring, nutrition, physical activity, medication review, and how to manage hypoglycemia and hyperglycemia, and sick-day guidelines.

This class meets on a Saturday morning and is offered quarterly. There is no charge.

Diabetes Cooking Classes

Cooking classes for people who have diabetes are offered four times a year. The classes are taught by nutrition interns from Bastyr University in collaboration with the diabetes nutrition educator at Swedish. A variety of cooking topics is offered. The emphasis is on whole-foods nutrition. Participants receive a meal during the class.

Location: Cherry Hill and Issaquah

JULY 2013

Class times and dates subject to change

What health problems are people with diabetes at risk for?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 **Gestational Diabetes** 8:30-10:30 a.m. (Maternal/Fetal) **Gestational Follow-up** 11 a.m.-noon (Maternal/Fetal)	3	4 **Fourth of July Clinic Closed**	5 **Clinic Closed**	6
7	8 **First Steps** 5-8:30 p.m. (First Hill)	9 **Gestational Diabetes** 8:30-10:30 a.m. (Maternal/Fetal) **Pre-Diabetes** 9-11 a.m. (First Hill) **Gestational Follow-up** 11 a.m.-noon (Maternal/Fetal)	10 **Pre-Diabetes** 9-11 a.m. (Issaquah) **First Steps** 1-4:30 p.m. (Ballard)	11	12 **First Steps** 9 a.m.-12:30 p.m. (First Hill)	13
14	15 **Second Steps** 5-8:30 p.m. (First Hill)	16 **Gestational Diabetes** 8:30-10:30 a.m. (Maternal/Fetal) **Gestational Follow-up** 11 a.m.-noon (Maternal/Fetal)	17 **Second Steps** 1-4:30 p.m (Ballard)	18	19 **Second Steps** 9 a.m.-12:30 p.m. (First Hill)	20
21	22 **Third Steps** 5-8:30 p.m. (First Hill)	23 **Gestational Diabetes** 8:30-10:30 a.m. (Maternal/Fetal) **Gestational Follow-up** 11 a.m.-noon (Maternal/Fetal)	24 **Third Steps** 1-4:30 p.m. (Ballard)	25	26 **Third Steps** 9 a.m.-12:30 p.m. (First Hill)	27
28	29	30 **Gestational Diabetes** 8:30-10:30 a.m. (Maternal/Fetal) **Gestational Follow-up** 11 a.m.-noon (Maternal/Fetal)	31			

AUGUST 2013

Class times and dates subject to change

How do you know how many carbohydrates you are eating?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5 **First Steps** 9 a.m.-12:30 p.m. (First Hill)	6 **Gestational Diabetes** 8:30-10:30 a.m. (Maternal/Fetal) **Gestational Follow-up** 11 a.m.-noon (Maternal/Fetal)	7 **Pre-Diabetes** 9-11 a.m. (Issaquah)	8	9	10
11	12 **Second Steps** 9 a.m.-12:30 p.m. (First Hill)	13 **Gestational Diabetes** 8:30-10:30 a.m. (Maternal/Fetal) **Gestational Follow-up** 11 a.m.-noon (Maternal/Fetal)	14 **First Steps** 5-8:30 p.m. (Issaquah)	15	16 **First Steps** 9 a.m.-12:30 p.m. (First Hill)	17
18	19 **Third Steps** 9 a.m.-12:30 p.m. (First Hill)	20 **Gestational Diabetes** 8:30-10:30 a.m. (Maternal/Fetal) **Pre-Diabetes** 9-11 a.m. (First Hill)l **Gestational Follow-up** 11 a.m.-noon (Maternal/Fetal)	21 **Second Steps** 5-8:30 p.m. (Issaquah)	22	23 **Second Steps** 9 a.m.-12:30 p.m. (First Hill)	24
25	26	27 **Gestational Diabetes** 8:30-10:30 a.m. (Maternal/Fetal) **Gestational Follow-up** 11 a.m.-noon (Maternal/Fetal)	28 **Third Steps** 5-8:30 p.m. (Issaquah)	29	30 **Third Steps** 9 a.m.-12:30 p.m. (First Hill)	31

SEPTEMBER 2013

Class times and dates subject to change

What is physical activity? Why is it important to diabetes management?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 **Labor Day Clinc Closed**	3 **Gestational Diabetes** 8:30-10:30 a.m. (Maternal/Fetal) **Gestational Follow-up** 11 a.m.-noon (Maternal/Fetal)	4 **Pre-Diabetes** 9-11 a.m. (Issaquah)	5	6 **First Steps** 9 a.m.-12:30 p.m. (First Hill)	7
8	9 **First Steps** 1-4:30 p.m. (First Hill)	10 **Gestational Diabetes** 8:30-10:30 a.m. (Maternal/Fetal) **Pre-Diabetes** 9-11 a.m. (First Hill)) **Gestational Follow-up** 11 a.m.-noon (Maternal/Fetal)	11 **First Steps** 5-8:30 p.m. (Issaquah) **First Steps** 1-4:30 p.m. (Ballard)	12	13 **Second Steps** 9 a.m.-12:30 p.m. (First Hill)	14
15	16 **Second Steps** 1-4:30 p.m. (First Hill)	17 **Gestational Diabetes** 8:30-10:30 a.m. (Maternal/Fetal) **Gestational Follow-up** 11 a.m.-noon (Maternal/Fetal)	18 **Second Steps** 5-8:30 p.m. (Issaquah) **Second Steps** 1-4:30 p.m. (Ballard)	19	20 **Third Steps** 9 a.m.-12:30 p.m. (First Hill)	21 **MA Class** **8 a.m.-Noon** **(First Hill)**
22	23 **Third Steps** 1-4:30 p.m. (First Hill)	24 **Gestational Diabetes** 8:30-10:30 a.m. (Maternal/Fetal) **Gestational Follow-up** 11 a.m.-noon (Maternal/Fetal)	25 **Third Steps** 5-8:30 p.m. (Issaquah) **Third Steps** 1-4:30 p.m. (Ballard)	26	27	28
29	30					

OCTOBER 2013

Class times and dates subject to change

How much physical activity is recommended for those with diabetes?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 **Gestational Diabetes** 8:30-10:30 a.m. (Maternal/Fetal) **Gestational Follow-up** 11 a.m.-noon (Maternal/Fetal)	2	3	4 **First Steps** 9 a.m.-12:30 p.m. (First Hill)	5
6	7 **First Steps** 5-8:30 p.m. (First Hill)	8 **Gestational Diabetes** 8:30-10:30 a.m. (Maternal/Fetal) **Pre-Diabetes** 9-11 a.m. (First Hill) **Gestational Follow-up** 11 a.m.-noon (Maternal/Fetal)	9 **Pre-Diabetes** 9-11 a.m. (Issaquah) **First Steps** 1-4:30 p.m. (Ballard)	10	11 **Second Steps** 9 a.m.-12:30 p.m. (First Hill)	12
13	14 **Second Steps** 5-8:30 p.m. (First Hill)	15 **Gestational Diabetes** 8:30-10:30 a.m. (Maternal/Fetal) **Gestational Follow-up** 11 a.m.-noon (Maternal/Fetal)	16 **First Steps** 5-8:30 p.m. (Issaquah) **Second Steps** 1-4:30 p.m. (Ballard)	17	18 **Third Steps** 9 a.m.-12:30 p.m. (First Hill)	19
20	21 **Third Steps** 5-8:30 p.m. (First Hill)	22 **Gestational Diabetes** 8:30-10:30 a.m. (Maternal/Fetal) **Gestational Follow-up** 11 a.m.-noon (Maternal/Fetal)	23 **Second Steps** 5-8:30 p.m. (Issaquah) **Third Steps** 1-4:30 p.m. (Ballard)	24	25	26
27	28	29 **Gestational Diabetes** 8:30-10:30 a.m. (Maternal/Fetal) **Gestational Follow-up** 11 a.m.-noon (Maternal/Fetal)	30 **Third Steps** 5-8:30 p.m. (Issaquah)	31		

NOVEMBER 2013

Class times and dates subject to change

What is A1C? What steps should you take to get an accurate blood glucose reading?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 **First Steps** 9 a.m.-12:30 p.m. (First Hill)	2
3	4 **First Steps** 9 a.m.-12:30 p.m. (First Hill)	5 **Gestational Diabetes** 8:30-10:30 a.m. (Maternal/Fetal) **Pre-Diabetes** 9-11 a.m. (First Hill) **Gestational Follow-up** 11 a.m.-noon (Maternal/Fetal)	6 **Pre-Diabetes** 9-11 a.m. (Issaquah) **First Steps** 5-8:30 p.m. (Issaquah) **First Steps** 1-4:30 p.m. (Ballard)	7	8 **Second Steps** 9 a.m.-12:30 p.m. (First Hill)	9
10	11 **Second Steps** 9 a.m.-12:30 p.m. (First Hill)	12 **Gestational Diabetes** 8:30-10:30 a.m. (Maternal/Fetal) **Gestational Follow-up** 11 a.m.-noon (Maternal/Fetal) **Diabetes Cooking Class** 6-7:30 p.m. (Cherry Hill)	13 **Second Steps** 5-8:30 p.m. (Issaquah) **Second Steps** 1-4:30 p.m. (Ballard)	14	15	16
17	18 **Third Steps** 9 a.m.-12:30 p.m. (First Hill)	19 **Gestational Diabetes** 8:30-10:30 a.m. (Maternal/Fetal) **Gestational Follow-up** 11 a.m.-noon (Maternal/Fetal)	20 **Third Steps** 5-8:30 p.m. (Issaquah) **Third Steps** 1-4:30 p.m. (Ballard)	21	22 **Third Steps** 9 a.m.-12:30 p.m. (First Hill)	23
24	25	26 **Gestational Diabetes** 8:30-10:30 a.m. (Maternal/Fetal) **Gestational Follow-up** 11 a.m.-noon (Maternal/Fetal)	27	28 **Thanksgiving Clinic Closed**	29 **Clinic Closed**	30

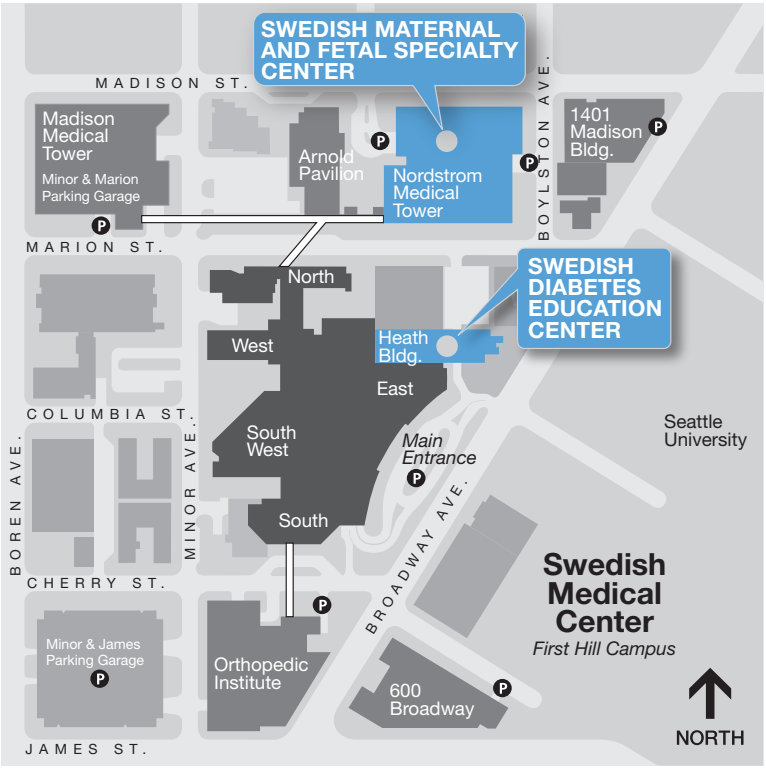
DECEMBER 2013

Class times and dates subject to change

How often do you check your blood sugar? Do you keep a record?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 **First Steps** 1-4:30 p.m. (First Hill)	3 **Gestational Diabetes** 8:30-10:30 a.m. (Maternal/Fetal) **Gestational Follow-up** 11 a.m.-noon (Maternal/Fetal)	4 **Pre-Diabetes** 9-11 a.m. (Issaquah) **First Steps** 5-8:30 p.m. (Issaquah) **First Steps** 1-4:30 p.m. (Ballard)	5	6 **First Steps** 1-4:30 p.m. (First Hill)	7
8	9 **Second Steps** 1-4:30 p.m. (First Hill)	10 **Gestational Diabetes** 8:30-10:30 a.m. (Maternal/Fetal) **Pre-Diabetes** 9-11 a.m. (First Hill) **Gestational Follow-up** 11 a.m.-noon (Maternal/Fetal)	11 **Second Steps** 5-8:30 p.m. (Issaquah) **Second Steps** 1-4:30 p.m. (Ballard)	12	13 **Second Steps** 1-4:30 p.m. (First Hill)	14
15	16 **Third Steps** 1-4:30 p.m. (First Hill)	17 **Gestational Diabetes** 8:30-10:30 a.m. (Maternal/Fetal) **Gestational Follow-up** 11 a.m.-noon (Maternal/Fetal)	18 **Third Steps** 5-8:30 p.m. (Issaquah) **Third Steps** 1-4:30 p.m. (Ballard)	19	20 **Third Steps** 1-4:30 p.m. (First Hill)	21
22	23	24	25 **Christmas** **Clinic Closed**	26	27	28
29	30	31				

Locations



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