

New Hanover Regional Medical Center

DIABETES SELF-MANAGEMENT

Education

If you have recently been diagnosed with diabetes or have had trouble managing your diabetes, NHRMC Internal Medicine Specialists Endocrinology can teach you the skills necessary to self-manage your disease. We offer group programs that promote connection with others during education as well as individual consults to anyone with a diagnosis of diabetes. Our programs include education tailored for those with Type 1, Type II and Gestational diabetes as well as specifically for patients who wear an insulin pump and/or continuous glucose monitor. We focus on the skills needed to manage your disease daily, troubleshoot problems and prevent complications from occurring or worsening.

Topics included in our Diabetes Education Programs

Understanding Diabetes

- What is diabetes and how does it affect your body

Monitoring

- Monitoring your blood sugar helps you know when your blood sugar levels are on target and it helps you make food and activity adjustments so that your body can perform at its best.

Taking Medication

- There are several types of medication often recommended for people with diabetes to help lower blood sugar levels, reduce risk of complications and help you feel good.

Healthy Eating

- Having diabetes doesn't mean you have to give up your favorite foods. Knowing what foods affect blood sugar, how to count carbs, read food labels and balance food choices is key to good diabetes control.

Healthy Coping

- Having diabetes is hard work and it is normal to feel down or frustrated at times. It's important to recognize these feelings and take steps to reduce the negative emotional impacts diabetes may have on self-care.

Being Active

- Being active has many health benefits including heart health, weight loss if needed and helping to keep blood sugar levels normal.

Problem Solving

- Everyone with diabetes encounters problems. Planning and using problem-solving skills will help you manage challenges with diabetes including low blood sugar, high blood sugar and sick days.

Reducing Risks

- Understanding the risks of diabetes leading to other health problems gives you the power to take control and lower your chances of developing diabetes-related complications.

Health care providers - Please complete the NHRMC Internal Medicine Specialists referral form to enroll your patient in our education programs. Our Diabetes Self-Management Education Program is accredited by the American Association of Diabetes Educators, and is available to anyone in the community with a diagnosis of diabetes and are covered by Medicare, Medicaid and most private insurances.

For questions, or to request a referral form, please call **910.662.9300**.

Patients - Contact your healthcare provider and request a referral to attend one of our Diabetes Self-Management Education Programs.

Program lead: Linda Wooley, RN, BSN, MSN, CDE – Nationally Certified Diabetes Educator



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Leading Our Community to Outstanding Health