



DIABETES education

What We Do

We believe that education is the key to empowering a person with diabetes to better manage their disease and help them facilitate diabetes in their journey through life. Our mission is to provide quality comprehensive diabetes self-management education and management. We offer individualized or group instruction for persons with Pre-Diabetes, Type I, Type II and Gestational Diabetes. These services are offered on an inpatient and outpatient basis.

Our Center

We are an accredited diabetes education program by the American Association of Diabetes Educators (AADE). We are recognized by the American Diabetes Association for Quality Self-Management Education as meeting the National Standards for Diabetes Self-Management Education.

The Faith Regional Diabetes Center is staffed by registered dietitians who have passed a national certification exam and are certified diabetic educators.

Our Services

Individuals with pre-diabetes or diabetes may also be referred to the Diabetes Center by their physician for **outpatient services**. Outpatient services include consulting services such as meal planning, insulin administration, carbohydrate counting, blood glucose monitoring, travel planning, exercise planning, medication management and dining out meal planning. Classes for diabetes education are offered in both group and private settings and teach basic self-care skills. The Diabetes Center can also provide exercise rehabilitation training services.

Inpatient services are provided by a patient's nurse with additional support and services provided by our certified diabetes educators, who specializes in diabetes management. During the patient's stay, follow-up education and preparation for discharge are coordinated.



Diabetes Center

(402) 844-8126
www.frhs.org



2012 Class Schedule

A variety of diabetes education classes are offered on a weekly or monthly basis and are designed for individuals that have recently been diagnosed with diabetes or have been dealing with diabetes for quite some time and are in need of additional information and support. The following list provides detailed information about our classes. For additional information or questions, please call (402) 844-8126.

Free! Pre-Diabetes Class: This class discusses pre-diabetes, what lifestyle changes individuals can make to prevent diabetes and other health problems. Topics covered include healthy weight, nutrition, cholesterol, high blood pressure and glucose levels. Instructed by Renae Kauth, Registered Dietitian, Certified Diabetes Educator. February 13, May 14, August 13 and November 12, 4:00 p.m. - 6:00 p.m. Call the Health Resource Center at (402) 644-7348 to register.

Free! Diabetes and Wellness Day: The American Diabetes Alert® is an annual, one-day call-to-action for people to find out if they are at risk for diabetes. This morning or afternoon of education offers attendees prizes, healthy snacks and discussion with various vendors about the latest diabetes control products. March 22, 8:30 – 11:00 a.m. or 1:00 – 4:00 p.m. Call the Health Resource Center at (402) 644-7348 to register.

Diabetes Classes*: These classes provide education for newly diagnosed patients or patients that need a refresher. Patients have the option to attend two Tuesday afternoon sessions or one day-long Saturday session. Call Central Scheduling at (402) 644-7121 to register.

Tuesday Sessions: 1:00 – 4:30 p.m.

Jan 3 and 17 July 3 and 17
Feb 7 and 21 Aug 7 and 21
Apr 3 and 17 Sept 4 and 18
May 1 and 15 Nov 6 and 20
June 5 and 19 Dec 4

Saturday Sessions: 9:00 a.m. - 4:00 p.m.

March 10
October 13

Gestational Diabetes Classes*: These classes provide education to expectant mothers who have been diagnosed with Gestational Diabetes. Classes are held every Thursday morning (except for holidays) from 10:30-11:30 a.m. in the Nutrition Services office located on the first floor of the Medical Office Building North. Call Central Scheduling at (402) 644-7121 to register.

Individual Nutrition Education*: Registered Dietitians are available Monday-Friday from 8:00 a.m. to 4:30 p.m. to provide individual nutrition education on a variety of health conditions such as hypercholesterolemia, gastrointestinal disorders, weight management/obesity, prenatal and postnatal, CHF, renal disease, hypertension and hyperlipidemia. Hourly sessions are held in the Nutrition Services department. Call Central Scheduling at (402) 644-7121 to register.

**Physician order required - Billed to the patient's insurance*