

2015

Diabetes Survival Skills

Introduction to “basics” for patients and caregivers

The ***Diabetes
Survival Skills***

is dedicated to improving the quality of life for patients and their families through education and support from clinical staff.

With the information and education shared, the hope is to help the patient and caregiver in the management of diabetes while outside of the hospital.



TOPICS:

- General overview of Type 1 versus Type 2 Diabetes
- Financial planning assistance
- Blood glucose monitoring instruction and suggested times for testing according to ADA guidelines
- Demonstration of proper testing technique
- Provide/review Zone Cards
- Explanation of A1C
- Signs and symptoms of hypoglycemia and management of hypoglycemia at home
- Sign and symptoms of hyperglycemia and management at home
- Administration of oral hypoglycemic agents
- Administration of insulin
- Demonstration using Take Home Kit
- Demonstration of pen device
- Onset, peak and duration of Levemir/Lantus; Novolog/Humlaog; NPH; Mixed insulin

WHEN & WHERE

Please call 764-8190 to schedule your free appointment.
United Regional
Education Building—1600 10th Street
Parking available in the back of the building and on Grace Street

For additional information contact,
Diabetes Education —Gidgett Bates at (940) 764-8370

Diabetes

Questions about your Diabetes?
Not sure what to do until you see your physician?

Diabetes "Survival Skills" Class

United Regional provides a basic Diabetes "Survival Skills" Class to provide persons with diabetes the necessary skills and equipment to help control blood sugars and maintain health and safety at home.

A two-hour class is provided weekly and is especially helpful for those who may have been recently discharged from the hospital and are awaiting a follow-up visit with their physician.

We encourage you to attend one of these free classes. You will have an opportunity to learn and reinforce the basics of diabetes "survival skills," as well as have your specific questions and concerns addressed by a diabetes educator.

Please call 940-764-8190 for available class times. Classes are held Monday through Friday in two-hour intervals beginning at 8 a.m.

A Spanish-speaking diabetes educator is available. Please let us know if you prefer to enroll in a class in which she teaches.



To register for the complimentary class, please call 764-8190.

Classes are held in United Regional's Education Building at 1600 Tenth Street, Wichita Falls.

Please see the map on the reverse side for additional location information.



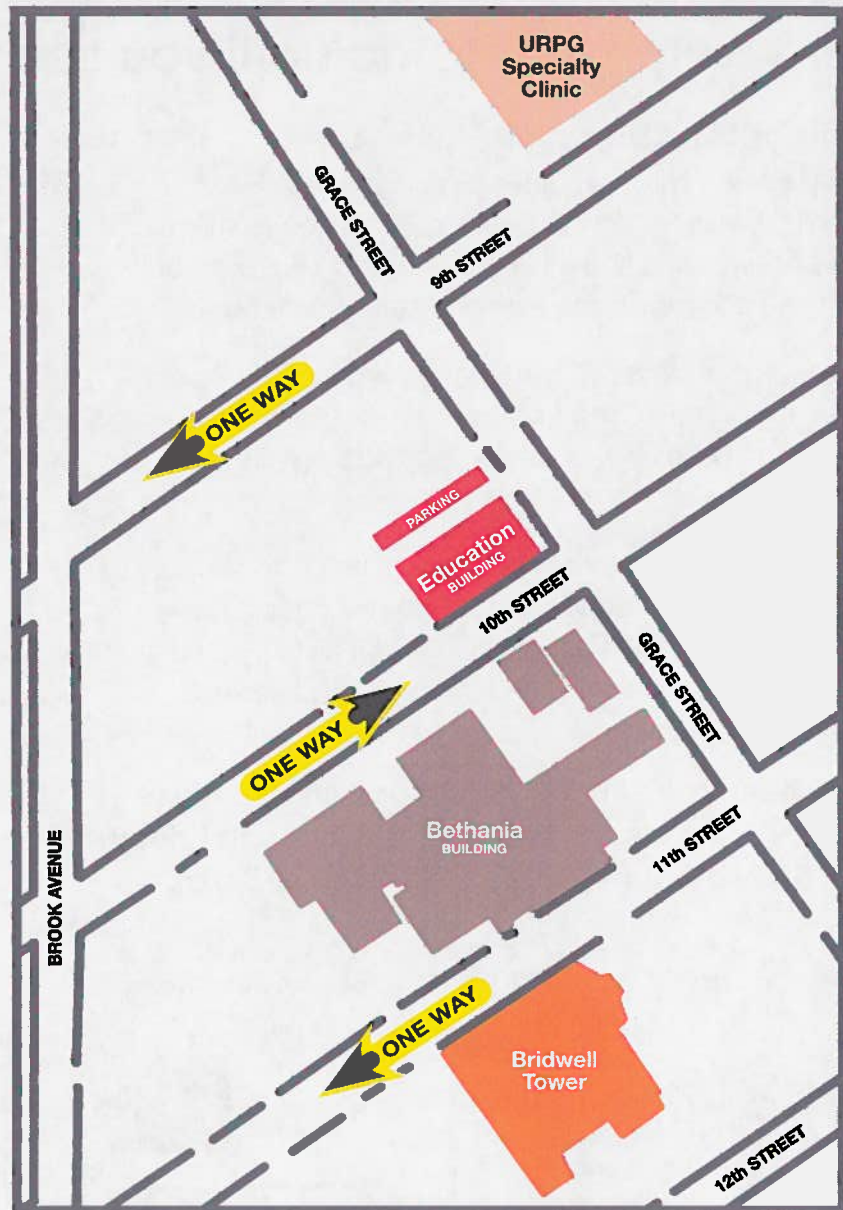
Education Building

EDUCATION BUILDING:

The Education Building is located at 1600 Tenth Street. Traveling on Kell Blvd., take the Brook Ave. exit. On Brook, turn right onto Tenth Street, which is a one-way street. The Education Building is on your left, on the corner of Tenth and Grace Streets.

PARKING:

There is reserved parking in the lot behind the Education Building. When you are traveling down Tenth Street, there is a driveway, to the left, between the helicopter pad and the Education Building. Turn into the driveway and proceed behind the building to the right. You may park in the spaces adjacent to the building and in the row that is covered. You may enter through the back door of the building.



1600 Eleventh Street
Wichita Falls, Texas 76301

www.unitedregional.org