

Initial Diabetes Self-Management Therapy:

You will meet with a diabetes educator.

The diabetes educator will complete a health history and provide you with education on what is diabetes, monitoring blood glucose (a sample meter will be given if needed), diabetes medications-actions, how to take and possible side effects, causes, symptoms and treatment of hypoglycemia and hyperglycemia, prevention of chronic complications, guidelines for meal planning and physical activity and help with changing behavior and psychosocial issues. Following this session you may consider attending group diabetes education sessions. Appointment duration: 1.5 to 2 hours.

Group Diabetes Self-Management Therapy:

These three group workshops are led by a diabetes educator. Education is given via use of Conversation Mapping. This method of learning is interactive. The sessions cover all education required to be provided by an education program that is recognized by the American Diabetes Association in meeting the National Standards of Diabetes Self-Management Education. Four maps are covered during the three sessions. These include:

Workshop 1: (Approximately 2 hours)

Map 1: On The Road To Better Managing Your Diabetes

Workshop 2: (Approximately 2 hours)

Map 2: Diabetes and Healthy Eating

Workshop 3: (Approximately 3 hours)

Map 3: Monitoring Your Blood Glucose

Map 4: Continuing Your Journey With Diabetes

Location:

PH DuBois or PH Elk

At the end of the third session you will make a six week goal of a behavior that you plan to work on to improve your blood glucose management.

Follow-up Diabetes Self-Management:

You will meet with a diabetes educator to review your progress with the behavior change goal that you have been working on and receive continued education on diabetes in such areas as skin and foot care, heart healthy meal planning and pattern management so that you can better self-manage your blood glucose levels. Appointment duration: 1-1.5 hours.

Additional Insulin/Non-insulin Injectables Training:

This session will include all that is covered in the initial diabetes self-management session (see above), including specific education on insulin action, duration, time to take and side effects, drawing up and administering insulin via syringe/insulin pen, site selection, rotation and safe disposal of needles. Appointment duration: 1.5 hours.

Continuous Glucose Monitor Study:

During this session you will meet with a diabetes educator who will begin a 5 - 14 day evaluation of your blood glucose levels using sensor technology. At the end of the study, you will return to have the results uploaded into a computer program so that reports can be generated for your provider. The evaluation will help to detect trends and tracking patterns and glucose level excursions above or below the desired range. This will help your provider to make adjustments in your diabetes medication therapy that will help to improve your blood glucose control. Appointment duration: 20 - 60 minutes, depending on your education needs.

Gestational or Diabetes with Pregnancy:

During this session you will meet with a diabetes educator who will complete a health history, provide you with education on what is gestational diabetes or the significance of managing blood glucose in pregnancy if you already have diabetes, monitoring blood glucose (a sample meter will be given if needed), and diabetes medications if needed (actions, how to take and possible side effects), causes, symptoms and treatment of hypoglycemia, and how to prevent diabetes in the future for those with gestational diabetes. The diabetes educator will complete a nutrition assessment and will provide an individualized meal plan taking other health care issues into account and educate on meal planning and physical activity. Appointment duration: 1 hour.

Insulin Prepump:

A prepump appointment would include all that is covered in an initial diabetes appointment by the diabetes educator along with other information as follows: The nutrition education will cover advanced carbohydrate counting knowledge needed to determine grams of carbohydrates eaten for use with an insulin to carbohydrate ratio, sick day meal planning, causes, symptoms and treatment of hypoglycemia, eating away from home, snack guidelines and timing of exercise in relation to meals and use of alcohol. The diabetes educator will cover goals of therapy, pros and cons of pump therapy, wearing the pump, monitoring for pump therapy, hypo/hyperglycemia and its treatment, diabetes ketoacidosis prevention, sick day management and ketone testing. Appointment duration: 2 hours.

Insulin Pump Start:

An insulin pump start is scheduled when you are new to insulin pump therapy, with orders by your physician for settings to begin pump therapy. You would bring your pump which you received at home, insulin, tubing, reservoir, infusion sets and blood glucose monitor. You will receive instruction on basic pumping, use of the bolus calculator, reservoir and infusion set change and troubleshooting pump problems. You will leave the visit pumping insulin with conservative setting recommended by your physician. You will check your blood glucose eight times/day and see your physician within one week for any adjustment of settings that is needed. You will return for a pump follow up visit in 1 month for instruction on advanced pump features. Appointment duration: 2-3 hours.

Insulin Pump Follow-up:

An insulin pump follow-up is completed after you are using the basic features of your pump for at least a month, or you can be referred by your physician if you need a brush up on the use of basic and advanced features in your pump. Instruction is given at that time on how pumping is going for you, any special question or problems you may have with pumping, advanced carbohydrate counting for pumping (as needed) and advanced features of your pump. Appointment duration: 1-2 hours.

Insulin Pump Upgrade:

An insulin pump up-grade is completed when you have used your pump for four or more years and the pump company and insurance company give you an up-grade to a new pump

with new advanced features. You will receive a review of basic pumping, new advanced features and problem solving for any pump questions you may have. The settings are transferred from your original pump to the new pump. Appointment duration: 1-2 hours.

The following service is available at all PHH locations except Moshannon Valley Community Medical Building and St Marys Community Medical Building

Medical Nutrition Therapy:

A registered dietitian will complete a nutrition assessment and provide medical nutrition therapy that will include recommended food group servings, portion sizes, foods recommended vs not recommended, determining nutrient content of foods from a nutrition label, planning meals for at home and eating out with sample menus given. Initial assessment appointment duration: 45-60 minutes. Follow-up appointment (to review food records and to address other nutrition related concerns) duration: 20-30 minutes.

Questions or concerns call:

Jeril Goss, RD, LDN, CDE, Manager
814-375-3890

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To schedule an appointment
call 814-375-3890

OFFICE LOCATIONS

PENN HIGHLANDS BROOKVILLE

Medical Office Building
88 Hospital Road | Brookville, PA

PENN HIGHLANDS CLEARFIELD

Medical Arts Building
809 Turnpike Avenue, Suite 220 | Clearfield, PA

PENN HIGHLANDS DUBOIS

Medical Arts Building
145 Hospital Avenue, Suite 105 | DuBois, PA

PENN HIGHLANDS ELK

763 Johnsonburg Road | St. Marys, PA

PENN HIGHLANDS HUNTINGDON

820 Bryan Street, Suite 1 | Huntingdon, PA

MOSHANNON VALLEY COMMUNITY MEDICAL BUILDING

Only Wellness Center in Philipsburg!
271 Railroad Street | Philipsburg, PA

PUNXSUTAWNEY COMMUNITY MEDICAL BUILDING

551 W. Mahoning Street | Punxsutawney, PA

ST. MARYS COMMUNITY MEDICAL BUILDING

1100 Million Dollar Highway, Suite 1 | St. Marys, PA

VISIT US ON THE WEB

www.phhealthcare.org



DIABETES AND NUTRITION WELLNESS CENTER

Management
& Support Services

