

Diabetes Self-Management Education Program

Franciscan Skemp Healthcare

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The Diabetes Self Management Education Program is intended to educate patients and their families in successful self-management of diabetes. We believe that through knowledge and support, patients can achieve healthy living, allowing for greater independence. The Diabetes Education Team consists of Registered Nurses and Registered Dietitians, many of whom are Certified Diabetes Educators.

Our program is ADA recognized and follows the National Standards for Diabetes Self-Management Education.

Your Primary Care Provider must refer you to the Center, but the staff can assist you with obtaining that referral. Call for more information.

Diabetes Education is available at the following regional sites: Arcadia, Caledonia, Holmen, Lake Tomah Clinic, Onalaska, Prairie du Chien, and Sparta.

Education Program

Diabetes care is individualized to meet the unique needs of each individual patient. Education is available in the following content areas:

- Diabetes disease process
- Nutritional Management
- Physical activity
- Medications
- Monitoring and use of results
- Prevent, detect and treat acute complications
- Prevent, detect and treat chronic complications through risk reduction
- Goal setting and problem solving
- Psychosocial Adjustment
- Preconception care, management during pregnancy and gestational diabetes management

Individual Education Sessions

Individual sessions are provided for any patients with diabetes (Type 1, Type 2, & Gestational Diabetes). The diabetes team along with the physician will develop a diabetes management plan that is specifically designed for each individual patient.

Group Education Sessions

Group education sessions are offered to patients with Type 2 diabetes. Medicare requires a group setting for initial training, unless a barrier exists. The group classes are taught in a series of 4 sessions over a 6-9 month time period.

Pediatrics

Through teaching sessions that are designed specifically to communicate with young patients, the child along with their family will learn how to give insulin, monitor blood glucose and ketones and how to use results, meal planning, sick day management, and balancing diabetes with school and extra-curricular activities.

A member from the Diabetes Center will also offer education to other caregivers and school personnel as well. Ongoing support through youth activities is also available.

Follow-up care

The diabetes team provides on-going education and support so patients can meet their diabetes self-management goals. There are also a variety of community programs throughout the year on diabetes education topics.