



## OUR SERVICE

Education Services provide individual appointments and group programs for people seeking education and support to manage diabetes, as well as heart health and weight management.

You may be referred by your treating health professional or you may self-refer to our service.

Education Service staff also provide training for other health professionals and facilitate tertiary study placements for students.



## CREDENTIALLED DIABETES NURSE EDUCATOR

Education and support for:

- › Understanding and managing type 1, type 2 and gestational diabetes
- › Self Blood Glucose Monitoring
- › Insulin pump therapy
- › Commencing new medications for diabetes including insulin therapy
- › Continuous glucose monitoring
- › Registration with the National Diabetes Service Scheme (NDSS)
- › Prevention and screening for diabetes complications
- › Pre-conception care for women with diabetes

## ACCREDITED PRACTISING DIETITIAN

Nutrition information and education for:

- › Diabetes prevention and Type 2 diabetes
- › Type 1 diabetes including carbohydrate counting
- › High blood pressure and high cholesterol
- › Gestational diabetes
- › Weight management including the use of Very Low Energy Diets
- › Poly-cystic Ovarian Syndrome (PCOS)

## ACCREDITED EXERCISE PHYSIOLOGIST

Information and guidance on physical activity including:

- › Safe and effective exercise for managing chronic illness
- › Physical assessment, including current or past injury, medical conditions and current fitness
- › Personalised exercise program including onsite gym and home based activity options
- › Group exercise sessions



## FLEXIBLE INSULIN THERAPY (FlexIT)

FlexIT is designed for people with Type 1 diabetes who are managing on basal bolus insulin therapy. The two day program aims to teach participants how to best match insulin requirements to their food and lifestyle for a more flexible approach to diabetes management.

## CARBOHYDRATE COUNTING

This three hour workshop provides people managing diabetes on insulin with the opportunity to refresh their carbohydrate counting skills, particularly for eating out and travelling.

## WOMEN AFTER GESTATIONAL DIABETES (WAG)

A 6 week session program for women previously diagnosed with Gestational Diabetes. The program aims to support women to make improvements to their diet and lifestyle to create healthy habits for themselves and their family.

For further information on our group programs visit our website [www.baker.edu.au](http://www.baker.edu.au) or telephone 03 85 32 1800.