

GP Links and Ozcare

Dominating Diabetes - Type 2 Diabetes education group program overview

Dominating Diabetes group education program provides a general overview of diabetes and covers strategies to improve BGL control. The focus of this 4 week program is on practical interventions that promote healthy lifestyle changes. It allows participants to understand what is happening in their body and then encourages ways to improve diabetes control by making simple changes to daily life. Participants are given resources to promote long term sustainable behaviour change, as well as ongoing professional education from allied health professionals including a dietitian (DT), exercise physiologist (EP) and credentialed diabetes educator (CDE). A reward scheme is also used to promote attendance and decrease drop out rates. Participants will be screened prior to commencing the program and 1 week post completion of the program. The overall objective is too highlight simple strategies that help participants to Dominate Diabetes.

Session No.	Session Title	Time (min)	Content
1	What is diabetes and how do I manage it? (2hrs)	15	DT - Introduction and Overview of program schedule
		45	CDE - Basic explanation of diabetes physiology
			CDE - Basic explanation of medication
			CDE - BGL testing techniques
		15	Break
		30	DT - Starter pack- Booklet, pedometers, BGL book (post program)
		15	EP - exercise
	End		
2	How do I know how much carbohydrate to have? (2 hrs)	30	DT - Goal setting
		45	DT - What is carbohydrate (food sources, glycaemic index, exchanges)
		15	Break
		30	EP - exercise
			End
3	Why should I start swapping unhealthy behaviours for health ones? (2 hrs)	15	DT - Goal setting
		60	DT - Healthy Eating/What's in Food (Swap It)
		15	Break
		30	EP - exercise
			End
4	How do you read nutrition information panels on food items? (2hrs)	15	DT - Goal setting
		60	DT - Label reading
		15	Break
		30	EP - exercise
			End