

Adult Diabetes Education Centre – RJH

Phone: 250-370-8322

Fax: 250-370-8357

The Diabetes Education Centre provides education and support to adults (age 18+) who have Diabetes or Prediabetes. Education is offered in the form of groups and individual appointments. This education is appropriate for people with newly diagnosed Diabetes or Prediabetes, as well as those who need ongoing support and follow-up. Initial entry to the program is by referral from physician or health care professional. The family physician remains responsible for medical care of the patient.

Programs Offered:

Initial Teaching/Education:

Introductory self-management education for individuals newly diagnosed with Diabetes or Prediabetes.

Blood Glucose Meter Teaching/Certification

Education re: use of a home BG monitor, certification for Pharmacare coverage of BG test strips, and education re: BG trending analysis.

Review

Follow up education or review re: topics such as meal planning/nutrition, carbohydrate counting, exercise, medication management, blood glucose monitoring, insulin, foot Care, preventing complications, blood pressure management. Booked upon request of client/educator/physician.

Insulin Start

Education re: safe administration of insulin. **Physician orders required.**

Diabetes in Pregnancy

Victoria General Hospital – CFAU

Phone: 250-727-4266

Fax: 250-727-4168

The program provides education and nutrition counselling to women with glucose intolerance in pregnancy, gestational diabetes or pregnant women with Type 1 or 2 diabetes. Services offered include pre-conception counselling for women with Type 1 or 2 diabetes and includes at risk women with a history of GDM in previous pregnancy, high prenatal weight gain, etc.

Services include nutritional counselling, a meter loaner program and prompt initiation of insulin on an outpatient basis (when needed).

Paediatric Diabetes Program

Victoria General Hospital – Pediatric Unit

Phone: 250-727-4266

Fax: 250-727-4221

Diabetes education for children (up to their 18th birthday) and their families:

Refer on VIHA Inpatient/Outpatient Referral.