



Central New York Diabetes Education Program

Self Management Training

CLASS SCHEDULE

*All participants must have a pre-assessment before starting group classes in order to establish health goals for daily living. Ask for a listing of free continuing education classes through the Central New York Diabetes Education Program (CNY Diabetes) at 315-624-5620 or visit www.fmvhealthsystem.org/diabetes.

Class 1 – 2.5 hours

Lesson 1 – Diabetes Overview

- Diabetes disease process, signs and symptoms
- Standards of care for diabetes management
- Types of diabetes
- Stress and adjusting to the diagnosis of diabetes.

Lesson 2 – Medications

- Using medications for therapeutic effectiveness.

Class 2 – 2.5 hours

Lesson 3 – Nutritional Management

- Nutritional management of diabetes
- Carbohydrate counting and personal meal plans
- Using the NuVal Nutritional Scoring System to improve the quality of foods you are eating.

Class 3 – 2 hours

Lesson 4 – Exercise and Diabetes (Receive a free pass to the Wellness Center at the Faxon Campus.)

- Incorporating physical activity into lifestyle
- How physical activity affects blood sugar.

Lesson 5 – Review of Blood Sugar Monitoring (**Bring your log book and/or meter!**)

- Technique and times to monitor
- Blood sugar goals and testing for ketones
- Alternate site testing
- Using results to improve control.

Lesson 6 – Acute (Short-Term) Complications (How to prevent, detect and treat)

- Hypoglycemia (low blood sugar)
- Hyperglycemia (high blood sugar)
- Sick days with diabetes.

Class 4 – 2 hours

Lesson 7 – Detecting and Treating Chronic (Long-Term) Complications of Diabetes

- Retinopathy (eyes), nephropathy (kidneys), neuropathy (nerves)
- Cardiovascular disease and stroke
- Diabetes and teeth
- Foot and skin care.

Lesson 8 – Health-Related Issues

- Work, travel and insurance related issues
- Alternative therapies and diabetes
- Developing personal strategies to promote health and behavior changes.

A follow-up appointment with CNY Diabetes should be made three to six months after completing classes.

