Outpatient Services

The Diabetes Program

Empowering You to Take Charge of Your Health

The Diabetes Program at Carroll Hospital
Adjusting to the physical, mental and emotional demands of diabetes can be challenging. However, by learning how to manage the condition, people with diabetes can enjoy healthy and active lives.

Officially recognized by the American Diabetes Association, Carroll Hospital’s Diabetes Program gives patients with diabetes the confidence and knowledge they need to take charge of their health and well-being.

Diabetes Self-Management Education Program
The Diabetes Program offers a comprehensive Self-Management Education Program that enables patients to gain a detailed understanding of their condition and to learn important self-care skills. The program also helps patients avoid the serious and debilitating side effects of diabetes.

Taught by a team of registered nurses, registered dietitians and certified diabetes educators, the program is offered in either a group or on a one-on-one basis, according to patients’ insurance guidelines.

One-On-One Diabetes Instruction for non-Medicare Patients
A one-on-one educational course is available for non-Medicare patients. The course consists of an introductory two-hour session and several one-hour follow-up sessions (the number of follow-up sessions varies by insurance allowances).

continued

Contact us today!
For more information on the Diabetes Program or to register for one of our classes call 410-871-6957.
CarrollHospitalCenter.org
One-On-One Diabetes Instruction for non-Medicare Patients (cont.)

As part of the course, patients:
- Learn more about diabetes, including its causes and methods used to prevent serious, long-term complications from the disease.
- Master important self-care skills, such as monitoring blood glucose, medication management, proper foot and skin care, and handling the emotional effects of diabetes.
- Receive meal-planning and nutritional guidance.

Living with Diabetes Group Classes
Our group classes offer a comfortable, supportive setting where patients can learn more about their condition and make important lifestyle changes. Although the classes are a Medicare requirement, all patients are welcome. Group classes include:
- An initial one-hour assessment in which patients receive a brief physical health examination, tips on using a blood glucose meter and a food diary
- Four additional two-hour sessions during which patients gain detailed information about diabetes, nutrition, self-care and preventing long-term complications
- Medical Nutritional Therapy, which involves one-on-one education with a registered dietitian that is scheduled separately and ordered by your physician

Self-referrals are welcome. A physician's signed order is required; call 410-871-6957.

Additional Programs Offered Include:
- Adult Diabetes Support Group — A welcoming environment where individuals with diabetes and their families receive supplemental education and meet others with diabetes. Meetings include guest speakers on diabetes-related topics.
- Insulin Initiation and Dosing Services — Patients learn self-administration techniques, safety issues (such as treating hypoglycemia) and how to achieve optimum glucose control
- Diabetes Workshop — A free annual event featuring the newest products and services to help patients improve their quality of life, control their blood sugar and live more comfortably
- Insulin Pump Support Services — Includes pump selection and education on using your insulin pump to its maximum potential in order to achieve optimal blood glucose control