

The education goals of Joslin Clinic are to provide participants with diabetes self-management skills and knowledge to achieve and maintain blood glucose control, to initiate lifestyle changes, and to promote the continuation of wellness.

CHECK US OUT AT www.joslin.org under 'Joslin Clinic' and 'Patient Education'!

Diabetes Today Program 617.732.2440

First Steps	This 90-minute class is the foundation for the other classes in the series and is facilitated by a nurse educator. It is highly recommended that this class be taken first, as it provides an introduction to all the other Diabetes Today classes. You will complete a self-assessment questionnaire that will be used to develop a personal self-care education plan. Topics covered include: what diabetes is and how it affects the body, how to care for diabetes, diabetes medications, prevention and treatment of complications, how to handle low and high blood glucose, target goals for blood glucose and what to do on a sick day.
What Can I Eat?	A nutritionist facilitates this 90-minute class, which provides introductory information on meal planning. You will develop a "starter meal plan" with specific attention to carbohydrates and portion sizes. At the end of the class, we encourage you to sign up for the Foods That Fit class. Topics covered include: healthy eating, carb counting and personal carb goals for meals and snacks, impact of food portions and label reading, nutrition and diabetes misconceptions and importance of record-keeping of blood glucose and food intake.
Foods That Fit	Facilitated by a nutritionist, this 90-minute class builds on the information and reinforces the skills developed in What Can I Eat? This class helps you individualize the starter meal plan. What Can I Eat? must be taken before Foods That Fit. At the end of this class, we encourage participants to make a 30-minute private appointment with a nutritionist to further individualize the meal plan and assess personal progress. You will learn how to adjust your "starter meal plan" based on blood glucose and food records and select healthy food choices for blood glucose, lipid and weight control when eating at home and dining out.
Exercise Basics	You can make a huge difference in managing your diabetes by being physically active. This class, facilitated by an exercise physiologist, teaches you the benefits of safe activity and exercise. We encourage you to schedule a follow-up private session with an exercise physiologist to help track your progress in reaching your goals. You will learn how to exercise safely and identify the barriers to getting more active in your life and find solutions to overcome them.
Nutrition Tune Up - Type 2	This class focuses on providing a yearly review of what's new in diabetes treatment and management for people with type 2 diabetes, including new meal planning techniques, medications and a discussion of updated research information.
Matching Insulin to Carbohydrates	This one-hour advanced session demonstrates how to count carbohydrates and determine insulin doses to maintain target blood glucose levels. Patients must use rapid-acting insulin to attend.

Heart Healthy Living Series 617.732.2440

Cholesterol: Good, Bad, Healthy	This 90-minute class is designed to help people with diabetes and dyslipidemia learn how to improve their lipid levels and other cardiovascular risk factors through better food choices, physical activity and medication. We look at how participants' knowledge, attitudes, skills and self-efficacy influence heart healthy behaviors, and how to change those behaviors when necessary. Strategies for change include goal setting, modeling behavior and positive feedback. This class is led by a diabetes nutrition educator.
Blood Pressure: Under Control	This 90-minute class is an introduction to the risks of hypertension that are associated with diabetes. Participants will learn about the most common medicines used to treat hypertension as well as diet and exercise tips to lower blood pressure. The class is led by a diabetes nurse educator.

Other Programs 617.732.2440

Steps to Success	Have you had diabetes for a while, but still struggle to create an effective treatment plan? This series of five, two-hour classes offers practical education with a nurse educator and a dietician for those who already monitor their blood glucose and have received some nutrition education. Sessions meet Thursday evenings from 5-7 pm.
EasyStart Exercise Program 617.713.3451	This supervised exercise program is offered Monday through Thursday, 10 am- 12 pm, and includes ongoing monitoring of blood pressure, weight and blood glucose to achieve individual goals.
Blood Glucose Awareness Training 617.732.2594	This one-day workshop helps people who use insulin to anticipate, recognize and prevent hypoglycemia. The instructors are Joslin Clinic nurses, dietitians, exercise physiologists and behavioral specialists. The next BGAT workshop will be held November 17, 2006.

Pump Education 617.264.2767	
Insulin Pumping: Is It For You?	If you are considering insulin pump therapy, this class can answer your basic questions. How does a pump work? Where is the pump attached? Will the pump help improve my blood glucose control? Do I wear the pump day and night? What are the benefits and risks of pumping? What are the costs and time involved? This one-hour workshop occurs on the first Tuesday of every month 9-10am and the third Tuesday of every month 4-5 pm.
Pump Assessment	Joslin Clinic has the nation's largest staff of Certified Diabetes Educators (CDE). Pump Assessment consists of a 30-minute appointment with one of our CDE pump trainers. This one-on-one session evaluates your individual clinical and educational needs, the basis for developing your JoslinCare plan. We review what you can expect from pump therapy, evaluate your problem-solving style and determine any additional education you may need in basic diabetes knowledge and the technical skills required to operate an insulin pump.
Foundations of Pump Therapy	This four-hour, small-group class teaches you the techniques to manage and troubleshoot your diabetes with an insulin pump. To attend this class you must first complete Pump Assessment. You must also be using advanced carbohydrate counting skills to determine your insulin dose. And, because this class is taught using your own pump, you must have already ordered and received your insulin pump by the time class starts. The class covers practical information, such as where to wear the pump, temporary pump removal guidelines, pump mechanics and programming your particular pump. you will learn how to troubleshoot hypo- and hyperglycemia, how to care for infusion sites, and how to prevent, diagnose and fix pump problems. The class also includes physical activity and exercise guidelines, sick-day management and a review of advanced carbohydrate counting. Classes take place the second and fourth Tuesday of every month from 1-5pm.
Pump Start Series	Pump Start is a series of one-on-one or group sessions with a Joslin pump trainer who works with you to facilitate successful pump therapy. These appointments include starting the pump with saline for about one week and then making the transition to insulin in the pump the following week. There are two follow-up visits after you begin wearing the pump, along with nutrition education and exercise fine-tuning. You must have taken Foundations of Pump Therapy to qualify for the Pump Start series.
Kids and Pumps	More and more young people are using insulin pumps. Even very young children have successfully adjusted to the pump. Joslin's Pediatric Health Services protocol for initiating pump therapy ensures the most positive outcomes. This includes evaluation and teamwork involving a Joslin physician, nurse educator, registered dietitian, child development specialist, and - most importantly- the patient and the patient's family. For more information on pump therapy for teens and kids, contact your Joslin pediatrician or make an appointment with Joslin Pediatric Health Services at (617) 732-2603.
Intensive Outpatient Education	
DO IT 617.732.2628	(Diabetes Outpatient Intensive Treatment) This 3 and 1/2 day program is a chance to tune-up your diabetes management. It is for people with either type 1 diabetes or type 2 diabetes, whether you were diagnosed years ago or just recently. It provides a combination of individual attention and small-group education with the focus on you--what you need to do to get on and stay on the pathway to health. DO IT includes a physical assessment, daily physician visits and small group and individual sessions with certified diabetes educators (nurses, dietitians, exercise physiologists and social workers). DO IT usually runs Monday through Thursday, although we do offer some weekend programs.
Why WAIT? 617.713.3491	Why Wait? (Weight Achievement and Intensive Treatment) Is a one-of-a-kind program that has been created expressly to address the unique weight-loss and weight-control needs of people with type 2 diabetes. This program is based on clinical research conducted at Joslin and combines the latest insights in weight management and nutrition with Joslin Clinic's world-leading expertise in diabetes care. Whether you were diagnosed years ago or just recently, you know that weight reduction and weight management are uniquely critical to your health. With the right nutritional plan and physical activity, you can reduce your need for medication, enjoy better health, experience fewer medical complications and significantly increase the quality of your life. The program is held Wednesdays from 5 to 7 pm for 12 weeks. We will also have a second session Tuesday afternoons from 2-4 pm beginning in September 2006.
Pump Logic 617.264.2767	Do you want to take your insulin pump to the next level? Then Pump Logic is for you. Designed especially for experienced pumpers, this individualized, two-and-a-half day outpatient program teaches you advanced self-management techniques for fine-tuning your current pump therapy regimen. During Pump Logic, you use a continuous glucose monitoring sensor for a detailed profile of your 24-hour blood glucose levels. Based on that data, your pump trainer and your Joslin physician work with you to improve your basal rates, sensitivity factors and correction boluses. They also help you deal with the demands of exercise or activity, special food issues and overnight blood glucose fluctuations. Pump Logic is offered once a month.