

For information on any of the services available, or to make a booking, please contact:

**Nepean
Diabetes Service**
(02) 4734 3974
Monday to Friday
8:30 am to 5:00 pm

Where to find us
The Diabetes Service is located in **West Block Level 3** (above Emergency Department)



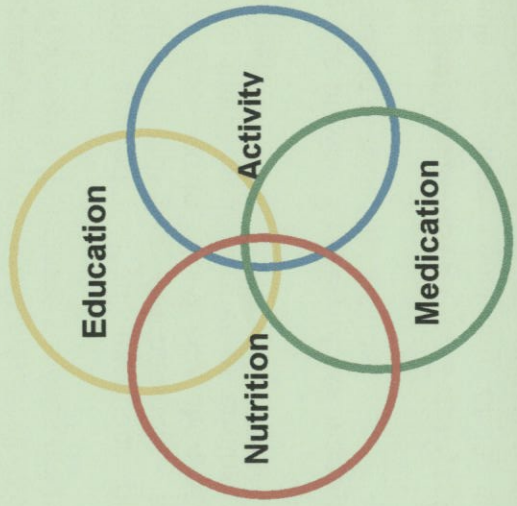
Nepean Diabetes Service

Penrith
Hawkesbury
Blue Mountains
Lithgow
Portland

The *Nepean Diabetes Service* holds regular Diabetes Education sessions at Nepean Hospital, Hawkesbury Community Health Centre (CHC), Springwood CHC, Upper Mountains Medical Centre Katoomba & Blackheath CWA Rooms.

Contact us via email on nepeandiabetes@swahs.health.nsw.gov.au or call **(02) 4734 3974**

The Nepean Diabetes Service is staffed by NSW Health Employees and is part of



The *Nepan Diabetes Service* philosophy is to empower people who have diabetes through effective and timely self-management education.

Diabetes Education aims to have the person with diabetes be able to successfully and confidently manage things like:

- Healthy eating
- Being active
- Monitoring
- Taking medication
- Problem solving
- Healthy coping
- Reducing risks

The Diabetes Service aims to assist people who have diabetes to maintain a good quality of life by implementing sound knowledge and understanding of diabetes.

Diabetes is a team effort. Our health care and education team has Doctors, Credentialed Diabetes Educators, Dietitians, Podiatrists and a Psychologist (paediatric services only).

Family support is an essential part of successful diabetes management, so we encourage you to attend education sessions with a friend, your partner or another family member.

We also provide a variety of self-management education options that include:

For people who have type 2 diabetes

Group education consisting of 2, 3 hour sessions followed by an individual diabetes

educator and dietitian appointment provides an introduction to diabetes self management strategies to help keep you healthy.

Individual appointments are available when required for people with type 2 diabetes starting insulin, or in more specialised situations that require more than the basic introduction to diabetes.

For people who have type 1 diabetes

Credentialed Diabetes Educators and specialised diabetes Dietitians help people diagnosed with type 1 diabetes and their families cope with this diagnosis at individual education appointments.

Other Services include ...

Gestational Diabetes Education Sessions

Run each week by a Credentialed Diabetes Educator and Dietitian for 3 hours, this appointment helps the pregnant woman manage gestational diabetes with a view of minimising health problems during pregnancy.

Managing Pre-Diabetes (Impaired Glucose)

Each month at an appointment that lasts 90 mins, a Credentialed Diabetes Educator & a Dietitian provide education to assist the person diagnosed with Pre-Diabetes (Impaired Glucose Tolerance).

Insulin Pump Training Sessions

For those people with type 1 diabetes considering starting the use of an insulin pump, a Credentialed

Diabetes Educator and a Dietitian will introduce to you the costs and benefits of insulin pump use.

Paediatric Services

Children with diabetes are seen at a weekly clinic by a Paediatric Endocrinologist, Diabetes Educator and a Dietitian. Support for children is also provided by a Psychologist.

School Holidays: Diabetes Educator & Dietitian

Groups are provided at varying times and lengths to meet the needs of local children. The groups provide a chance to meet other children with diabetes and learn about controlling diabetes in a friendly and supportive environment.

Parents Support Group

Every 3 months a group of parents of children with diabetes gather in a forum that allows them to gain new skills and knowledge. It also gives them the opportunity to meet with other parents sharing similar experiences.

Adolescent Services

In addition to seeing an Adult Endocrinologist, adolescents and young adults aged 15-25 have access to services offered by the one dedicated Credentialed Diabetes Educator, ensuring consistency across appointments.