

# 2024 Comprehensive Diabetes Class Schedule

## Tacoma Day & Evening Class

Allenmore Hospital campus, Building "B":

Tuesdays, Day: 12:30-3pm | Evening: 5:30-8pm

|                         |                                 |
|-------------------------|---------------------------------|
| Jan. 2, 9, 16, 23       | Day in-person / Evening virtual |
| Feb. 6, 13, 20, 27      | Day virtual / Evening in-person |
| March 5, 12, 19, 26     | Day in-person / Evening virtual |
| April 2, 9, 16, 23      | Day virtual / Evening in-person |
| May 7, 14, 21, 28       | Day in-person / Evening virtual |
| June 4, 11, 18, 25      | Day virtual / Evening in-person |
| July 9, 16, 23, 30      | Day in-person only              |
| August 6, 13, 20, 27    | Evening in-person only          |
| September 3, 10, 17, 24 | Day virtual / in-person evening |
| October 1, 8, 15, 22    | Day in person / Evening virtual |
| Nov. 5, 12, 19, Dec 3   | Day virtual / Evening in-person |

## Covington Day & Evening Class

MultiCare Covington Clinic:

Mondays, Day: 9am-2:30pm | Evening: 5:30-8pm

|                        |               |
|------------------------|---------------|
| January 8, Jan 15      | Day class     |
| March 4, 11, 18, 25    | Evening class |
| May 13, 20             | Day class     |
| July 8, 15, 22, 29     | Evening class |
| September 9, 16        | Day class     |
| November 4, 11, 18, 25 | Evening class |

## Puyallup Day & Evening Class

Puyallup Valley Medical Clinic: All in person

Wednesdays, Day: 10am-12:30pm | Evening: 5:30-8pm

|                           |               |
|---------------------------|---------------|
| January 3, 10, 17, 24     | Evening class |
| February 7, 14, 21, 28    | Day class     |
| March 6, 13, 20, 27       | Evening class |
| April 3, 10, 17, 24       | Day class     |
| May 1, 8, 15, 22          | Evening class |
| June 5, 12, 19, 26        | Day class     |
| July 10, 17, 24, 31       | Evening class |
| August 7, 14, 21, 28      | Day class     |
| September 4, 11, 18, 25   | Evening class |
| October 2, 9, 16, 23      | Day class     |
| November 6, 13, 20, Dec 4 | Evening class |

## Auburn Day Classes

Auburn Medical Center: **FRIDAYS**

Class #1- 9-11:30am | Class #2- 12:00-2:30pm

Follow-up class 9-11:00am - underlined

Jan 12 (follow up from Nov\Dec)

|                |                 |                  |                |
|----------------|-----------------|------------------|----------------|
| January 19 1&2 | <u>Jan 26</u>   | July 12 1&2      | <u>July 19</u> |
| February 9 1&2 | <u>Feb 16</u>   | August 9 1&2     | <u>Aug 16</u>  |
| March 8 1&2    | <u>March 15</u> | September 13 1&2 | <u>Sept 20</u> |
| April 12 1&2   | <u>April 19</u> | October 11 1&2   | <u>Oct 18</u>  |
| May 10 1&2     | <u>May 17</u>   | November 15 1&2  | <u>Nov 22</u>  |
| June 14 1&2    | <u>June 21</u>  | December 13 1&2  | <u>Dec 20</u>  |



## Comprehensive Diabetes Education Class Series

Your education starts with a Diabetes Care and Education Specialist providing a Pre-Class assessment, followed by group class series and one month follow up class.

Classes are interactive and designed to provide skills and confidence to control diabetes and live a healthy life. Participants receive a personalized meal plan, Carbohydrate counting booklet, physical activity booklet and complimentary A1C.

- Designed for adults with Type 2 diabetes
- Offered in several locations- see back panel for full Schedule

### Topics include:

- Healthy Eating
- Physical Activity
- Monitoring
- Medications
- Problem Solving
- Healthy Coping
- Reducing Risks

## Meal Planning Class

A 1.5-hour interactive group class taught by a registered dietitian, diabetes educator is available to help you improve your carbohydrate counting and meal planning skills according to your individual needs.

In person and virtual classes are available monthly at Allenmore, Covington and Good Samaritan hospital locations.

Diabetes Services is a provider/hospital based department and program costs will vary based on the services provided.

### Who do I call for more information?

To receive more information about our diabetes services, schedule an appointment, or register for a group class call:

Tacoma / Gig Harbor: 253-403-1726

Covington / Auburn: 253-372-6996

Puyallup: 253-697-1356

Visit our website at: [multicare.org/diabetes](https://multicare.org/diabetes) for additional information and resources

## Nationally Accredited and Recognized Program

At MultiCare, you can be assured of a diabetes program that meets national standards of excellence. Our programs have been awarded national recognition by The Association of Diabetes Care & Education Specialists (ADCES). Medical direction of our program is provided by a local physician who specializes in diabetes treatment and care.



Your 24/7 online connection to your doctor's office.

Day or night, MyChart lets you view medical information, schedule appointments, request prescription renewals and get answers to health questions—at your convenience—from your laptop, smart phone or tablet. Sign up today at [multicare.org/mychart](https://multicare.org/mychart)



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# Diabetes and Nutrition Services



# 2024 Center for Diabetes and Nutrition Services

Take control of your diabetes.

[multicare.org/diabetes](https://multicare.org/diabetes)

# Take Control of Your Diabetes

If you are an adult who has been diagnosed with Type 1, Type 2 or pregnancy-related diabetes, MultiCare's Center for Diabetes and Nutrition services is here to help. Our team of Diabetes Care and Education Specialists can answer your questions and assist you with learning the self-care skills needed to better manage your diabetes and live a healthier life.

We are committed to helping you reach your personal health goals by providing convenient individual appointments and group classes offered at a variety of times and locations. You will be assisted by a team of Diabetes Education Specialists to include Registered Nurses, Registered Dietitians and Registered Pharmacists.

## Medication management

### Who are we?

We are clinical pharmacists who will work with you to design a medication regimen to improve your blood sugar control and meet your A1c goal. The clinical pharmacist does not replace your referring doctor, nurse practitioner or physician assistant for diabetes check-ups and other standards of care. The purpose of the pharmacist is to ensure that you are on track to meet your goals in-between visits with your referring provider.

### Services we provide

- Prescribe new diabetes medications and supplies
- Adjust existing diabetes medications
- Provide training for diabetes medications and ensure appropriate medication use
- Monitor labs and make adjustments to medications as needed
- Help with prior authorizations and appeals
- Assist with financial aid paperwork

### Who would benefit from seeing us?

- You have a diagnosis of Type 1 or Type 2 diabetes
- You have at least 2 or more diabetes medications & A1c not at goal
- Have an A1c above 8%
- Hypoglycemia
- Insulin adjustment
- Have other conditions making medication options limited (kidney disease, liver disease, congestive heart failure, etc.)

## Advanced Diabetes Self-Management

### Insulin Pumps:

If you are dependent on insulin therapy, insulin pumps may be the best way to control your blood sugar. Our staff can discuss with you how the pump works and how it may be of benefit to you.

### Continuous Glucose Monitoring System (CGMS):

A CGMS is a device that records your blood sugar level 24 hours a day.

**Professional Model:** A professional CGMS study is used for diagnostic purposes for those who have difficulty identifying reasons for high and/or low blood sugars, recognizing the effects of dietary choices or if your home glucose readings are within range, but your A1C is not.

**Personal Model:** A personal CGMS is your own model that you can wear at home 24 hours a day, 7 days a week. If your provider has prescribed one, you can make an appointment to be trained how to use it.



## Diabetes Medication Management

**Insulin adjustment:** A Diabetes Care and Education Specialist will work with you to adjust insulin doses to meet blood sugar goals.

**Diabetes medication management:** A pharmacist will work with you to design a medication plan to improve blood sugars and meet A1c goals.

## Individual Medical Nutrition Therapy Sessions

Individualized appointments are available with our dietitians to assist adult patients in making dietary changes that support the following diagnoses:

- Diabetes Type 1 / Type 2
- Gestational Diabetes
- Pre-diabetes / impaired fasting glucose
- Hypoglycemia
- Failure to thrive
- Abnormal Weight Loss/Gain
- Pregnancy (twins, weight management, type 1 DM)
- Hyperlipidemia
- CKD stages III-IV
- Gastroparesis
- Most Food Allergies
- Lack of Appetite
- Hypertension



## Diabetes in Pregnancy

For the pregnant woman with preexisting diabetes or gestational diabetes, we offer the following:

- A diabetes care coordinator who will assist you with scheduling individual diabetes and nutrition appointments.
- A Personalized Diabetes guidebook (digital and printed), with resources, tips and tools created for this special time of pregnancy.
- A free glucose meter to monitor your blood sugars from home. For patients with a MultiCare OB provider, through MyChart, we also offer the ability to upload your glucose meter from home. Uploads transfer to your electronic health record for your care team to monitor on an ongoing basis.

## YMCA Diabetes Prevention Program (DPP)

The YMCA's DPP is for those  $\geq 18$  years old with pre-diabetes. Program has proven to reduce risk of developing type 2 diabetes by  $>58\%$  by achieving a 7% body weight loss and increasing activity to 150 minutes/week. To learn more visit: [www.ymcapkc.org/diabetesprevention](http://www.ymcapkc.org/diabetesprevention) or call: 253-460-8931.