

## ADA Standards for Education

1. Overview/understanding of diabetes
2. Stress and psychosocial adjustment
3. Family involvement/social support
4. Nutrition and meal planning
5. Exercise and activity
6. Medications
7. Blood glucose monitoring and use of results
8. Relationship among nutrition, exercise, medication and blood glucose levels
9. Prevention, detection and treatment of acute complications
10. Prevention, detection and treatment of chronic complications
11. Foot, skin and dental care
12. Behavior change strategies, goal setting, risk factor reduction and problem solving
13. Benefits, risks and management options for improving glucose control
14. Preconception care, pregnancy and gestational diabetes
15. Use of health care systems and community resources

### Diabetes Nurse Educator:

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### Dietitian:

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## Directions

### From Boston:

Take Route 24S to the Route 44W exit (Taunton). Follow Route 44 to Taunton Center. At the rotary (Taunton Green), take the first right that branches off. Take the first left onto North Pleasant Street. Cross Washington Street and continue on North Pleasant Street. The hospital is on your right.

### From Metrowest:

Take Route 495S to exit 9 (Bay Street, Taunton). Turn right at the end of the ramp and follow Bay Street until it intersects with Route 138 (approx. 3 miles). Follow Route 138 through one set of blinking lights to the next set of lights (St. Mary's on right). Bear right at the lights onto Washington Street. The hospital will be on your right.

### From Providence:

Take Route 95N to Route 495S. Take exit 9 (Bay Street, Taunton). Same as above.

**Morton Hospital**

A STEWARD FAMILY HOSPITAL



# Diabetes Management Program

Let Us Help You Develop a Plan to Care for Your Diabetes Needs

**Morton Hospital**

A STEWARD FAMILY HOSPITAL



## What is Diabetes?

Diabetes is a condition in which the body lacks insulin or is unable to use insulin effectively.

Insulin is a body hormone that breaks down sugar from foods we eat. If insulin isn't available or not working well, blood sugar gets too high.

## What does high blood sugar feel like?

It can make you:

- Thirsty or hungry
- Develop infections or cysts frequently
- Drowsy
- Need to urinate often
- Develop dry skin
- Have blurry vision
- Lose weight unintentionally
- Have no symptoms at all

## Who gets Diabetes?

Diabetes can occur in anyone; however, a family history of diabetes places you at higher risk.

Diabetes can occur in both younger and older people, but the risk increases after age 40. If you are overweight or have high blood pressure, your risk for diabetes is higher. Women who develop gestational diabetes are more likely to develop type 2 diabetes late in life. Some nationalities are also more likely to develop type 1 or type 2 diabetes.

## What do I do to keep myself as healthy as possible?

- See your doctor yearly (even if you don't have diabetes) so you can be routinely checked for diabetes.
- See your doctor if high blood sugar (diabetes-related) symptoms develop so you can be checked for diabetes.
- See your diabetes care physician and diabetes care team according to guidelines based on your individual diabetes needs.
- Educate yourself if you have diabetes and review educational materials at least yearly, as guidelines can change over time.
- Work with an ADA-accredited diabetes management team. We are here for you to facilitate the planning, execution and maintenance of your diabetes plan.
- Recognize that the ways you manage diabetes may be different from the ways another person manages his/her diabetes successfully.



**Accredited by the  
American Diabetes Association**

## Program Services

- 1) Individual educational sessions for:
  - Type 1 and type 2 diabetes
  - Gestational diabetes
  - Insulin pumps
  - Pump teaching and troubleshooting (Require a physician referral)
- 2) Community education through:
  - Screenings
  - Lectures on diabetes
  - Health fairs

Remember: There are many different ways to manage diabetes. Some things that can be altered include:

- meal plans
- exercise plans
- medications
- blood glucose meters
- guidelines for care

## How do I schedule an appointment?

Most insurance plans cover your visit. If you are unsure, call your insurance provider and ask if you are eligible. You must also get a physician referral to schedule an appointment with our Central Scheduling Department at (508) 828-7690.

Hours: 7 a.m. - 1:30 p.m.; 11 a.m. - 5:30 p.m.; every other Tuesday