



DIABETES EDUCATION PROGRAM

CAROLINE FAMILY HEALTH TEAM

Presentation for Burlington OHT

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Caroline
Family Health Team

AGENDA

About Us

Our Team

Services Provided

Referrals

Appointment Structure

Location

About Us



- We are an OHIP funded diabetes education program for patients over the age of 18 living with prediabetes, Type 1 or Type 2 Diabetes
- There is no charge back to you as the physician for having your patients referred to our program

Our Team



CHRISTINA DEMIRKOK, MHSC, RD, CDE

•WORKING AS PART OF THE TEAM SINCE 2018



LAUREN MACDONALD, RD, CDE, CBE

•WORKING AS PART OF THE TEAM SINCE 2012

We are both Registered Dietitians and Certified Diabetes Educators which means we provide education for all aspects of prediabetes and diabetes management (risk factors, reviewing blood work, nutrition, activity, pharmacotherapy review, blood pressure, cholesterol, complication prevention, providing and demonstrating blood glucose monitors/flash glucose monitors, etc)

SERVICES PROVIDED

<ul style="list-style-type: none">•Classes and Individual Appointments	<ul style="list-style-type: none">•Nutrition and Activity Review
<ul style="list-style-type: none">•In-office, virtual and phone call options	<ul style="list-style-type: none">•Showing patients how to using blood glucose/flash glucose meters and how to interpret their results
<ul style="list-style-type: none">•Appointments available Monday-Thursday 8am-6pm and Friday 8am-4pm	<ul style="list-style-type: none">•If requested by the referring doctor, we can show patients how to use injectable therapies (insulin, GLP-1 RA)

Referrals

- We accept self-referrals from patients, referrals from family physicians or Endocrinologists/Other specialists
- If it is the family physician that is completing the referral, we do have a referral form that can be sent out to you (to include on your EMR if preferred) and/or we suggest the referral has updated labs, current medications and a brief explanation for the reason for the referral i.e. New Type 2 Diabetes education/meter start
- More information can be found on the Caroline Family Health Team website (carolinefht.ca) under the diabetes management tab
- Our program is **NOT FUNDED** for the following:
 - Gestational Diabetes, Pump Starts/ADP coverage, Pediatrics
 - These patients would need to be referred to a hospital based program or a private clinic

FOLLOW UP

<p>Note faxed to referring physician outlining plan/recommendations</p>	<p>No Limit for frequency of visits; we discuss with the patient where their needs are, but usually if A1C >7%, we suggest q 3 months for follow-up and A1C <7%, q 6 month follow-up visits</p>
<p>There is a date on the bottom of the note that is faxed to the physician that will indicate the next appointment</p>	<p>Having blood work done prior to next appointment is helpful (including A1C, FBS/RBS, Lipids, eGFR, uACR, Vitamin B12 and any other relevant data)</p>
<p>Patients will be discharged back to their family physician when the patient feels they have acquired enough management support from us.</p>	<p>A patient or their doctor can re-refer at any time if the patient needs to speak with us again.</p>



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LOCATION

- We are located within the Caroline Family Health Team (3305 Harvester Road, Units 15-20 - Between Guelph Line and closer to Walker's Line)
 - We have FREE Parking
- Pt checks in with front reception - pt file created with the diabetes notes

