

Diabetes Management Program and Monitoring

If you are living with diabetes, just been diagnosed or are at risk of developing diabetes we can help you take control of your disease.

Diabetes, which affects nearly 8% of the population, is a leading cause of death in Australia. Left unmanaged, diabetes can lead to complications that affect nearly every organ in the body.

To control your diabetes or prevent the onset of type 2 diabetes we offer a:

- 6 week program that will equip you with all the tools and support that you need to better manage your health.
- This program includes weekly support from our Nurse Practitioner to answer all your questions, educate you on what everything means and assist you to make changes so you can get well sooner, stay well longer and live a easier, happier and healthier life.
- Included in the program is ongoing monitoring to help reduce the risk of serious complications from your Diabetes.
- We are your support network in between visits to your primary care provider, ready to help manage the self-care component of your disease.

What to expect at your visit

1. We recommend that you fast 8 to 12 hours before coming in then sign in at the electronic kiosk to see a nurse practitioner. No appointment necessary.
2. Your practitioner will enroll you in the program, review your medical history as well as perform an examination and tests based on your individual needs, following nationally accepted guidelines for diabetes care. They may include the following:
 - HbA1c test
 - Blood pressure check
 - Body mass index (BMI)
 - Cholesterol test
 - Comprehensive foot exam
 - kidney function test
 - Review of lifestyle factors



3. We'll discuss your results and set your program targets. Each week we'll provide you with a specific goal with the information and the resources to help you achieve it. Our nurse practitioner will provide you with personalised advice based on your current situation, check your progress and give you the added motivation to stay with it.
4. A visit summary will be sent to your primary care provider and/or specialist with your consent.

How much does the program cost and can I get a rebate?

- The Diabetes Fighting Program is _____ for 6 weeks.
- Standard consult fee applies to ongoing post program monitoring.
- Medicare and health insurance rebates apply.

What to know before your visit

- Patients must be over 18 years of age.
- Diagnosis of certain conditions may require further tests. Your Nurse Practitioner will advise you the additional cost for any tests required that are not covered on Medicare.
- Some conditions may require a referral to a GP or Specialists.

What's a Nurse Practitioner?

Nurse Practitioners are highly experienced registered nurses with advanced education and training in the diagnosis, management and prevention of common health conditions. They have the authority to prescribe medication, refer to specialists and order diagnostic tests.

Talk to our Nurse Practitioner today.

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