DIABETES CARE PROGRAM

A Continuum of Care for Patients with Diabetes
Life with diabetes can be a full and satisfying journey when you have the right support. That’s why the Diabetes Care Program at Marin General Hospital is here to partner with you in your health. Whether in the hospital or at home, we provide personalized treatment to help you get and stay well. Patients who are admitted to the hospital receive guidance and education from our inpatient diabetes team. At the Braden Diabetes Center, we offer ongoing diabetes education on an outpatient basis, including classes, support groups, and lifestyle coaching for patients, their families, and caregivers.

Our expert care team collaborates with you and your primary care physicians to ensure everyone works together to optimize your diabetes care. Our patient-centered approach focuses on the whole person. It’s a care philosophy we extend to all of our patients, whether they are newly diagnosed, or have been living with diabetes for years. In the following pages, you will find details about the components of our comprehensive program. Each offers a customized approach that will help guide you on your path toward a healthier life.

“Don’t just go through life. Grow through life.”

– Edward Butterworth, Author
Traveling well through life with diabetes.

“With proper care and management, you can live a long and healthy life with diabetes. That’s why we created the Center.”

—Bruce Braden, Type 1 Diabetes Patient and Co-founder of the Braden Diabetes Center

Living with diabetes can have its challenges, but every day is a new opportunity to improve your health. Learning to manage your diabetes can make you feel better physically and emotionally and help you avoid serious complications over time. Under the leadership of a board-certified endocrinologist specializing in diabetology, our Braden Diabetes Center offers the tools, techniques, and education you need to successfully navigate life with diabetes.

The Braden Diabetes Center provides a continuum of care for people with all types of diabetes. From ongoing diabetes management at all stages of life and/or oversight after discharge from the hospital, we are here to support you on your journey.
Our Expert Team—Your Diabetes Guides

Our team of certified diabetes educators work closely with you to develop self-care strategies that fit your personal needs and goals. Our customized, interactive programs, workshops, and classes teach vital self-management skills for living well with diabetes. Our team works closely with your primary care provider and other specialists to coordinate your diabetes care. By keeping everyone in the loop, you’ll be assured of the best care and guidance.

“Through the educational resources at the Braden Diabetes Center and collaboration with primary care physicians, we hope to significantly reduce complications and readmissions, relieve some of the burden on our primary care physicians, and markedly improve patient outcomes and satisfaction.”

—Linda Gaudiani, MD and Co-founder of the Braden Diabetes Center
PROGRAMS, CLASSES, AND SUPPORT GROUPS

Visit us online at www.maringeneral.org/bdc for the most up-to-date list of our programs, classes, and support groups.

**Diabetes Self-Management Education (DSME)**

Our DSME program for people with type 1 and type 2 diabetes is recognized by the American Diabetes Association (ADA). The comprehensive diabetes education we provide teaches the self-care skills you need for your lifelong journey:

- Blood glucose monitoring
- Nutrition management for diabetes
- Understanding medications, including oral meds, insulin, and other injectables
- Reducing the risk of complications
- Exercise and lifestyle tips
- Stress management and coping strategies
- Care for special circumstances, such as travel, sick days, and weight loss
- Prevention and treatment of low blood sugar and other safety measures

This curriculum is offered in either group classes or through individual consultation.
Diabetes Prevention
Perhaps you have been told your blood glucose is slightly elevated and you are at risk for developing diabetes. Research shows that with modest lifestyle changes, the onset of diabetes can often be prevented or delayed. We offer classes to help people understand how healthy eating and regular exercise can help prevent diabetes.

Gestational Diabetes/Diabetes in Pregnancy
Whether you have diabetes and are planning to become pregnant, or you unexpectedly develop gestational diabetes, our program can help keep you and your baby healthy before, during, and after your pregnancy.

Intensive Insulin Management
To improve your glucose management, our certified diabetes educators will help you learn to adjust your insulin dose by taking into account your nutrition, activity level, and lifestyle.

Insulin Pump Training and Glucose Sensor Monitoring
We can help you understand the ins and outs of diabetes management technologies, such as insulin pumps and continuous glucose monitoring systems. Our team will help you decide if these tools are right for you, and assist you with fine-tuning to meet your individual needs.

Medical Nutrition Therapy
With nutrition, it’s not one-size-fits-all. Our registered dietitian nutritionists will help create a personalized nutrition plan for you, taking into consideration your diabetes, and any other health concerns you may have. Education includes topics such as healthy eating for diabetes, carbohydrate counting, and heart-healthy nutrition.

continued
OUTPATIENT SERVICES

BRADEN DIABETES CENTER

PROGRAMS, CLASSES, AND SUPPORT GROUPS, CONTINUED

Group Classes
We design educational programs based on patient needs and current issues in diabetes care. This includes a variety of unique classes, such as *Workout for Wellness with Diabetes*, *Review and Renew Type 2*, *Intensive Insulin Workshop*.

Support Groups
Most people with diabetes benefit from discussing common challenges with their peers. Our support groups offer a welcoming environment to find common ground, exchange tips, and encourage and learn from each other.
WE’LL MEET YOU RIGHT WHERE YOU ARE

Newly diagnosed? Feeling overwhelmed? Need a refresher on how to stay on track? If you are an adult diagnosed with type 1 or type 2 diabetes, we can help you get a strong start on a healthy plan. Working with your doctor and other health care providers, we’ll help you:

• Set reasonable goals and put together a diabetes management plan
• Make lifestyle changes that work with your schedule, responsibilities, work and home life, and budget
• Participate in support groups that can help you on your journey
• Learn important skills, such as self-monitoring your blood glucose, planning meals, starting an exercise program, and administering insulin

Every day presents another opportunity to make choices that help you get or stay healthy. Our specialized staff is here to keep you moving forward.
INPATIENT CARE

Illness or trauma can affect your body’s ability to manage blood glucose levels. This is particularly important if you have diabetes. Some patients are first diagnosed with diabetes during a hospitalization. Others may already be diagnosed but are hospitalized due to complications from diabetes or other medical reasons. In cases like these, our certified diabetes educators are available to provide personal, inpatient education. They help ensure that your diabetes management is assessed, reviewed, and adjusted for your changing needs before, during, and after hospitalization.

Our program follows guidelines set by the American Diabetes Association (ADA) and the American Association of Clinical Endocrinologists (AACE). We have a multidisciplinary team, including certified diabetes educators, dietitians, pharmacists, discharge planners, social workers, and physicians, including endocrinologists, upon referral. The diabetes educators act as a resource for health care providers who must make complex decisions regarding your diabetes management.

If you need to learn or adopt a new regimen prior to discharge, our diabetes care team provides education and support. They also help plan for a smooth discharge and transition to ongoing care from your primary care provider.
TRANSITION CARE

We understand that patients who have been recently discharged may need transitional support prior to returning to the care of their primary care provider. We provide a discharge plan that will bridge the time between hospitalization, home, and the next physician visit. We work closely with our outpatient team at the Braden Diabetes Center to connect you with the necessary resources, support and education after discharge.

We encourage patients to use pre-hospitalization planning to discuss diabetes-related issues prior to elective surgery or other procedures. Our diabetes educators are available to assist your primary care providers to coordinate the best approaches to managing your diabetes.

A NOTE ABOUT INSURANCE: Most insurance companies, including Medicare, cover diabetes education with a referral from your provider. Our team is happy to review the specifics of your insurance or other payment options, as well as assist with obtaining a referral.
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