



DALLAS VA HOSPITAL DIABETES EDUCATION SERVICES

Location: 8th Floor in Building 2
Hours: 8:00am – 4:00pm Monday – Friday
Phone: 214-857-4270
800-849-3597 ext: 74270

Patients must make an appointment to see the diabetes nurse and dietitian and to go to diabetes class. Diabetes classes are taught by nurses and dietitians who have extra training on how to take care of diabetes. Patients may be sent by their doctor or a patient may ask for diabetes education by calling the clinic.

DIABETES EDUCATION IS PROVIDED IN MANY WAYS:

All patients meet one-to-one with a nurse for an assessment appointment and meet with a dietitian, one-to-one, to learn about how to eat to help the blood sugar stay healthy. These appointments will last about an hour each. The patient, nurse and dietitian will plan which class will work the best for that patient:

Survival Skills Class: a three-hour class that talks about the basic, most important parts of caring for their diabetes. These classes are done two times per month on Monday mornings.

Series In-Depth Classes: a series of four two-hour classes done on Wednesdays. The patient may pick the morning classes or the afternoon classes. These classes give more details on how to take care of diabetes day-to-day. There is more time for patients to ask questions and talk about problems faced when you have diabetes.

Individual Education Sessions: These appointments are made for patients who have a special need that would not be met in a group setting. The patients meet one-to-one and are taught by the diabetes nurse and dietitian about how to take care of their diabetes. The patients will see the nurse for 30-60 minutes each visit. The patient will go to as many visits as needed to understand how to take care of their diabetes.

Follow Up Completion Class: This class is scheduled three to six months after the patient “completes” either type of class or one-to-one teaching. This class helps to make sure that patients are able to take care of their diabetes and have their blood sugar, blood fats, and blood pressure stay in a safe range. It also gives time for patients to talk about some of the things that worry them about diabetes. The class will give patients a chance to ask about how to handle special problems that have come up since they finished the classes. The Completion Classes are offered one Monday morning per month. There is an extra class offered on the fifth Wednesday of those months having five Wednesdays.

Insulin Start Class: This class is scheduled to be a 90-minute class. Patients will learn about how insulin works, how to take insulin safely and basic details about insulin. The class is held on Friday mornings. The doctor must place an order for the patient to be able to go to the insulin class.

The patient may need more help in learning about how to take care of diabetes. If more help is needed, the patient may set up more appointments with the diabetes nurse and dietitian after the insulin class.