

**Referral criteria: Adults with Type 2 diabetes who require culturally specific diabetes education.**

**PATIENT INFORMATION** (to complete or affix patient label)

Last name: \_\_\_\_\_ First name: \_\_\_\_\_

PHN #: \_\_\_\_\_

Address: \_\_\_\_\_

Birthdate: (mm/dd/yy): \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Age: \_\_\_\_\_

Contact Phone: \_\_\_\_\_

Gender:  M  F

Program & Language

- Basic program (2 days)  
 Senior program (3 hours, in Chinese)

- Cantonese  
 Mandarin  
 Punjabi

Related medical conditions

Oral medications

Insulin and Injectable

Physician's notes

Laboratory results  
(or attach a copy of lab results)

Date:  
Fasting BG:  
2hr OGTT:

Date:  
A1C:

Date:  
Cholesterol:  
LDL cholesterol:  
HDL cholesterol:  
Chol/HDL ratio:  
Triglycerides:

Date:  
Creatinine:  
eGFR:

Date:  
ACR:  
Urinary protein:

Is there any factor that would make group education not suitable?  No  Yes, please specify:

**PHYSICIAN INFORMATION**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Address: \_\_\_\_\_

**COMMENTS**

For HLP office use: Program registered.  Yes. Class date:

No. Reasons and date:

## **Vancouver Community Diabetes Education Program: FAQs**

### ***What is the Vancouver Community Diabetes Education Program?***

Vancouver Community Diabetes Education Program runs under Vancouver Coastal Health, supported by Chinese Canadian Medical Society and S.U.C.C.E.S.S.. The goal is to support Chinese and South Asian individuals and their families to manage diabetes by providing culturally specific diabetes education. Individuals will gain knowledge and skills to manage diabetes and promote a healthier and more active lifestyle. The program is delivered in Cantonese, Mandarin or Punjabi by a registered nurse and a registered dietitian.

### ***What topics will be covered?***

Education sessions cover many topics:

- Pathophysiology of diabetes
- Diabetes self-management
- Targets for glycemic control and HbA1C
- Hypoglycemia and hyperglycemia
- Medications and injectables
- Complications and sick day management
- Foot care
- Healthy eating, glycemic index
- Nutrition label reading
- Exercise
- Community resources
- Goal setting and action planning

### ***How many hours for each program?***

The Basic program is a two-day program, 5 hours each day for two consecutive weeks.

The Senior program is specially designed for clients who are age 70 and over. It is a 3-hour program. Diabetes education provided is tailored to seniors, such as falls prevention, simple cooking and food safety.

### ***Where is the program held and who delivers it?***

The Chinese program is held at the Evergreen Community Health Centre and S.U.C.C.E.S.S. office in Chinatown. The Punjabi program is held at the South Community Health Centre. The program is facilitated by a nurse and a dietitian.

### ***How many participants are in the program?***

The education is provided in a group setting which promotes sharing and learning from each other. The program usually consists of 8-12 participants. A support person is encouraged to attend the program with participants.

### ***Is there a fee for the program?***

There is a nominal fee of \$20 for the Chinese Basic program to cover two meals and course materials. The Punjabi program and the Senior program are free of charge.

### ***What is the communication with physicians after client has attended a program?***

A report will be sent to physician when participant has completed the program.

### ***How to refer a client?***

Physician completes the referral form and fax to 604-267-3993.

### ***For more information?***

Please call Healthy Living Program at 604-267-4430.