

Diabetes Care Plus Program



The team at Ramsay Health Plus are enthusiastic about providing gold standard care for those living with Type 2 Diabetes Mellitus (T2DM). Credentialed Diabetes Educators, Accredited Exercise Physiologists and Accredited Practicing Dieticians work as a supportive team to help improve quality of life and outcomes for patients living with Type 2 Diabetes mellitus (T2DM).

The aim of the Diabetes Care Plus program is to help participants facilitate self-management of their diabetes through addressing nutrition, physical activity, medication management, blood glucose monitoring and education on behavior and lifestyle changes.

Program outline

The multi-disciplinary program combines education and exercise in a small group environment. Exercises are tailored to the individual's needs and current level of activity.

The program consists of the following:

- A comprehensive initial and discharge assessment with an Accredited Exercise Physiologist (AEP)
- Group education sessions, every fortnight for 1 hour, following the exercise session

The education sessions cover topics including:

- Diabetes overview
- Blood glucose monitoring
- Diabetes medications
- Eating for diabetes management
- Exercising with T2DM

If participants require additional individual sessions, they can access any one of our Dieticians, Diabetes Educators, Exercise Physiologists, Occupational Therapists, Physiotherapists and Physiotherapists.

Inclusion Criteria

- Participants deemed medically stable by their GP
- Participants with a diagnosis of T2DM
- Participants who are able to move and transfer independently in a gym setting

Program Costs

A completed referral form for Group Allied Health Services under Medicare for patients with T2DM will cover some of the costs for the program.

Participants can also use private health cover or can self fund.

How to Refer

- GP's can refer participants by using the referral form for Group Allied Health Services under Medicare for patients with T2DM
- Participants can also self refer
- Please note, participants will not incur a medicare rebate with a self referral
- All referrals can be faxed or emailed prior to commencement of the program to the following address:

Fax: 08 9346 7035

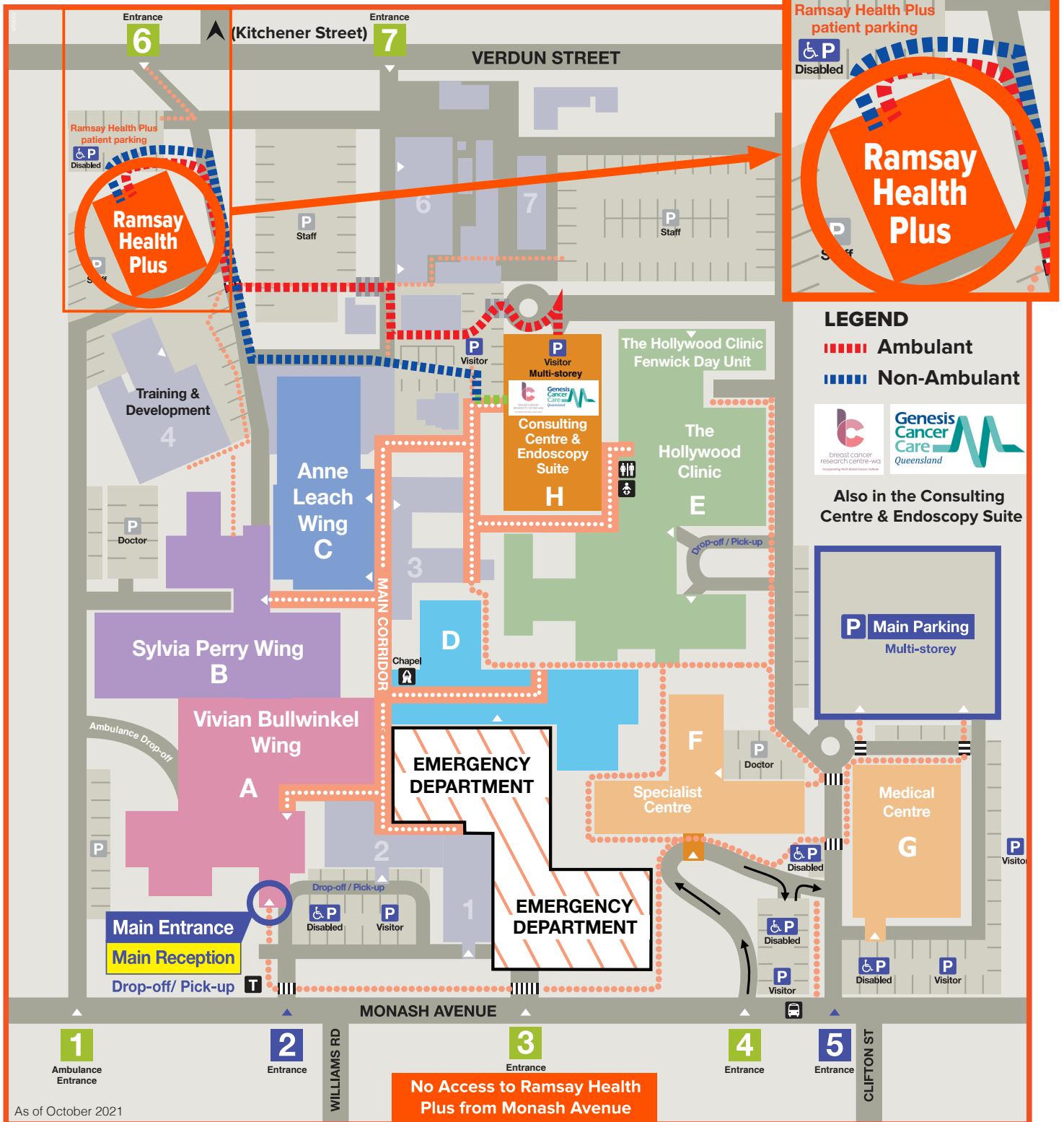
Email: rhp.hollywood@ramsayhealth.com.au

Location: Ramsay Health Plus
Entrance 6 Verdun Street,
Nedlands, WA, 6009

For further information please contact the clinic on 08 9346 6932
ramsayhealthplus.com.au

Map of Ramsay Health Plus Hollywood Private Hospital

Ramsay Health Plus - Entrance 6, Verdun Street



Ramsay Health Plus

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