

THE DIABETES DAY PROGRAM AT BC CHILDREN'S HOSPITAL

Your child has been diagnosed with diabetes, and you will be coming to the Diabetes Day Program for education. The Diabetes Day Program is located on the Medical Day Unit (MDU) on the 2nd floor of BC Children's Hospital. The education program is usually 3 full days. Please arrive by 8 AM and plan to be here until about 5:30 PM each day.

Do not give your child breakfast before you arrive, unless you have been advised to by your health care team. If your child is currently in the hospital, you may come to the Diabetes Day Program after he or she has finished breakfast. Your nurse will arrange for you to arrive by 9:30 AM at the latest.

If your child has been in contact with any infectious diseases (e.g. chicken pox) during the three weeks before this visit, please inform us, as your child may need to be isolated from other children on the MDU.

Primary caregivers need to attend the diabetes education program, as you will be providing the daily diabetes care after discharge. Please leave younger siblings at home with a sitter, or arrange for a family member to look after them here at the hospital.

Please bring along:

- your BC Care Card
- your blue BC Children's Hospital card (if you have one)
- any blood glucose meter, logbook, insulin or diabetes supplies your local hospital has provided
- any written information or hospital records that your family doctor or pediatrician has prepared for our physicians

The Diabetes Education Program:

The day starts before breakfast at 8 AM. We will supply all meals and snacks for your child with diabetes, and do all insulin injections and blood sugar and urine checks with you. You will be able to take your child home at about 5:30 PM after dinner. You will be given a snack to give your child to eat before going to bed. If you are from out of town, you will need to find accommodation, which we can help you with. Occasionally, there may be a need for a child to stay in the hospital the first night after the Diabetes Day Program.

Meals are provided for your child. Parents/caregivers can bring their own meals and snacks, or we can point out the coffee shops and cafeteria on site. We have a small fridge, a microwave and a toaster that you are welcome to use.

There will be teaching sessions with the Diabetes Nurse Educator and Dietitian during the day. The MDU Nurses will also be here to help you learn about diabetes care for your child. There may also be a bit of free time, so please bring something to keep you well rested and/or occupied. You may also wish to bring some quiet toys or activities for a young child, or some homework or toys for older kids.

If you would like more details on the Diabetes Day Program before you arrive, you can visit our webpage <http://endodiab.bcchildrens.ca/WhatWeDo/DiabetesDayProgram.htm>. The MDU phone number is above.

We look forward to meeting you and helping you learn about diabetes.