

THE DIABETES DAY PROGRAM AT BC CHILDREN'S HOSPITAL

The Diabetes Day Program (DDP) provides education about diabetes, including education for newly diagnosed families. The DDP is located in the Medical Day Unit (MDU) on the 2nd floor of BC Children's Hospital. The education program for new families usually takes 3-4 full days over a 1- to 2-week period. Please arrive by 8 AM and plan to be here until about 5:30 PM each day. You will be able to go home and return the next morning.

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

All parents/guardians need to attend the diabetes education program to learn to care for their child. There are no childcare services for siblings. Please leave younger siblings at home with a sitter, or arrange for a family member to look after them at the hospital while you are learning.

Please bring:

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

The Diabetes Education Program:

Please arrive by 8 AM, **before** your child eats anything. It is OK for them to drink water. Meals and snacks will be provided for your child with diabetes. We will do all insulin injections and blood sugar checks with you while you are learning. You will be able to take your child home at about 5:30 PM after dinner. If your child is in the hospital, your appointment in the DDP may be arranged for after breakfast. Your nurse will arrange for you to arrive by 9:30 AM. You will probably go home at 5:30 PM and return to the DDP the next morning.

If you are from outside of the Greater Vancouver area and need to find a place to stay, the BC Family Residence Program www.bcfamilyresidence.gov.bc.ca may cover the cost of accommodation, if you have an appointment booked.

Parents/caregivers can bring their own meals and snacks, or we can point out the coffee shops and cafeteria on site. More information is available at www.bcchildrens.ca/our-services/your-visit. The DDP has a small fridge, microwave, kettle and toaster that you can 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. The Social Worker/Counsellor will also meet with you in the DDP or at your first follow-up appointment. You may wish to bring some quiet toys or activities for a young child, or some homework or toys for older children in case there is some free time.

If you need to contact the MDU, the phone number is **604-875-3680** or toll free in BC **1-888-300-3088, x3680**.

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