

VIRTUAL GROUP EDUCATION Referral (v.2025)

www.vch.ca/nsdec

FAX: 604-297-9681

Patient Profile:

Surname	Given Name	
PHN	DOB (d/m/y)	Sex
Mailing Address		
Primary Phone #	Secondary Phone #	
Email Required**		

Referrer Information/Stamp:

(MSP#, name, address, phone, fax)

Virtual group education:

The North Shore Diabetes Education Centre extends virtual group education to the Coastal rural/remote areas in partnership with the local diabetes care providers in these communities for clients with pre-diabetes or type 2 diabetes. **This is not a substitute for urgent diabetes care. Medication management will need to be provided by the primary care provider.**

Please check off which local partners, client is affiliated with:

- ☐ Bella Coola: bellacoolamedicalclinic@vch.ca phone: 250-799-5342
- ☐ Wuikinuxv: wkn_nurse@wuikinuxv.net phone: 250-949-8625 ext 303
- ☐ Sea to Sky: Suzana.Cromwell@vch.ca phone: 604-892-2293 ext 279
- ☐ Sunshine Coast: lauren.kapphahn@vch.ca phone: 604-741-7603
- ☐ Powell River: kimberley.leahy@vch.ca phone: 1 604 861 3419

**No follow up with North Shore
Diabetes beyond the virtual
group education**

Please check off which virtual group education client is referred for:

☐ **Virtual Pre-Diabetes Group Education:**

One session covering:

- What is pre-diabetes? How is it diagnosed?
- Risk factors for developing type 2 diabetes
- Physical activity
- Nutrition: Carbohydrate metabolism, Glycemic Index, Healthy plate, Label reading, best weight
- Alcohol consumption & commercial tobacco cessation
- Stress management
- Introduction to lipid profiles and strategies to improve blood cholesterol levels
- Goal setting /Action planning strategies for self-care

☐ **Virtual Type 2 Group Education:**

Three sessions covering:

- What is diabetes? How is diabetes diagnosed?
- Taking care of your feet
- Home glucose monitoring
- Health targets for blood values
- Optimal nutrition, glycemic index, and label reading
- Active living
- Strategies to improve cardiovascular health
- Prevention of complications
- Medications
- Goal setting
- Lifestyle modification (tobacco/alcohol use)

Patients not suitable for group education:

- Hearing Impairment
- Cognitive Impairment
- Vision Impairment
- Need of an interpreter
- No access to computer/internet

Medical History:

Medications:

Other community resources

Self-Management of BC offers free chronic disease, active choices, and diabetes programs: <https://www.selfmanagementbc.ca>
8-1-1 offers free access to a registered dietitian, registered nurse, qualified exercise professional or pharmacist.

These virtual group education programs are offered using Zoom videoconference.