

**OUTPATIENT Diabetes and Nutrition Programs
Marion VAMC**

Service Provided	How often offered	Contact Information	Description Additional Information
Diabetes Education Group Class	<p>Once per month</p> <p>Marion: 3rd Thursday of each month 9:30-11:30 am</p> <p>Paducah: 2nd Tuesday of each month 1:30 to 3:30</p> <p>Evansville: 1st Thursday of each month 9:30 to 11:30 am</p> <p>Telemed Classes: 1st Thursday of each month 9:30-11 am at: Effingham, Mt. Vernon, Vincennes, Owensboro</p>	<p>Consult Needed</p> <p>Questions:</p> <p>Natalie De Mello, RD, LDN,CDE xt 55327</p>	<p><u>Sessions provided by:</u> RN, Dietitian/Diabetes Educator, Optometrist, Dentist, & Physical Therapist. Learn About Diabetes Self Management</p> <p>Topics Include: Healthy Food choices, Sick Day Management, Medications, Foot Care, Physical Activity, Eye Care, Oral Care</p> <p>Great for anyone with diabetes wanting to learn more about diabetes self management.</p>
Diabetes Support Group	<p>Once per month</p> <p>Marion and Evansville: 2nd Thursday of each month from 9:30-10:30</p>	<p>No consult is required. Anyone can attend.</p> <p>Contact Information: <u>Marion: Natalie de Mello, RD,LDN,CDE xt 55327</u> <u>Evansville:Kim Blair,RD xt 73610</u></p>	<p>This group is led by the dietitian/CDE. A short education topic related to diabetes will be presented and then have <u>open discussion time for the veterans.</u> Perfect for anyone needing support.</p>
Individual Dietitian Consult	<p>RDs are available by appointment at: Marion, Marion PCA, Evansville, Paducah, Mayfield, Effingham, Mt. Vernon, Vincennes, Owensboro & Hanson</p>	<p>Consult Required</p> <p>Contact Information: Marion Nutrition Department Numbers: xt 54659 xt 55325</p>	<p>Individual nutrition counseling regarding diabetes. Marion and Evansville both have a certified diabetes educator. Recommended for ALL new diabetics and any needing to improve their blood sugars, lipids, or weight.</p>
Home Telehealth	<p>Care Coordinators monitor patients M-F 8-4:30</p>	<p>Consult Required</p> <p>Contact Information: Tess D. Ford, RN, PhD Nurse Manager- Lead Care Coordinator Home Telehealth</p>	<p>Vets use a device at home to enter daily health data which sends a report to their RN or RD. Receive education on diabetes, self care, and monitoring. The RN or RD will call you if responses are out of range and send reports 1-2 x month to your primary and clinical pharmacy to help improve your diabetes care.</p>

<p>Shared Medical Appointments (SMA)</p>	<p>Marion VA: 1st and 3rd Wednesday of each Month in Room 130 (9-11 am) Marion PCA: 2nd and 4th Wednesday of each month from (2-4 pm) Evansville: 1st and 3rd Tuesday of each month (9:30-11:30)</p>	<p>Questions? Contact The Following</p> <p>Marion: Natalie de Mello, RD,LDN,CDE xt 55327</p> <p>Evansville: Kim Blair, RD xt 73610</p>	<p>This is a group clinic for patients with HbA1c OVER 9.0 A Physician, Dietitian CDE, Pharmacist, & RN work together as a team with the veterans. This is an intensive program in which the vets are seen 1-2 times per month for a minimum of 3 months or until their diabetes is in better control.</p>
<p>Clinical Pharmacy</p>	<p>Offered By Consult</p>	<p>Consult Required Contact Your Clinic</p>	<p>This is a group clinic for patients with HbA1c OVER 9.0 Vets are contacted by phone twice monthly by a clinical pharmacist who adjusts their insulin. Patients must keep glucose logs and report readings to the Pharmacist.</p>
<p>MOVE! Weight Management Program</p>	<p>MOVE 101 (3/month) <u>Marion</u> -2nd and 4th Tues of each month 9:30-11:30 am @ Marion Carnegie Library <u>Telemedicine Class</u> 1st Friday of the month from Marion to Effingham, Evansville, Mayfield Owensboro, Paducah, Vincennes</p> <p><u>MOVE F/U Classes</u> Marion – 2nd and 4th Tuesdays 9:30-11:30 or 2nd and 4th Wednesdays 5:30-7:30 D100 Telemedicine 3rd Friday of each month 12-2 from Marion to Outpatient clinics</p>	<p>Consult Required</p> <p>Questions:</p> <p>Cathy Ludwig-Bell,PhD, RD, LD [MOVE Coordinator] ext 55104</p>	<p>A weight management program targeting individuals with a BMI>25.</p> <p>After MOVE 101, patients may choose a follow-up method that fits their lifestyle:</p> <ol style="list-style-type: none"> 1) 8 follow-up classes facilitated by an interdisciplinary team (Nutrition, Physical Therapy, Social Work/Behavior Medicine), 2) Home Telehealth-Weight Management 3) Monthly Telephone f/u 4) Telephone Lifestyle Coaching or 5) Individual sessions with the MOVE RD.
<p>Healthy Cooking Class</p>	<p>4th Thursday of the Month.</p>	<p>Patients may attend as a walk-in or contact: Cathy Ludwig-Bell,PhD, RD, LD [MOVE Coordinator] ext 55104</p>	<p>The Healthy Cooking Class provides basic cooking skills and healthy recipe suggestions.</p>

