Virtual Diabetes Education Classes

*Due to Covid-19, all diabetes classes will be virtual for 2020*

Type 1 Diabetes Class, Beyond the Basics

We recommend that all families new to type 1 diabetes to join this class within the 1st month after diagnosis. This class is also a great review course for families already living with type 1 diabetes. Caregivers, siblings, family, and friends of patients of Stanford Children’s Diabetes Center are also welcome to attend.

Come gain the knowledge and support you need to successfully manage type 1 diabetes. Learn from our diabetes team members, as well as from other families living with diabetes.

We will answer all of your questions plus discuss the following topics:

- Expand upon diabetes concepts taught at your initial visit
- How to explain diabetes to family and friends who don’t understand
- How to manage the honeymoon phase
- How to best treat high and low blood sugars
- How continuous glucose monitors can help manage diabetes
- How to prevent and treat ketones
- How and when to use glucagon (and practice mixing glucagon)
- Help with carb counting and discussion of hard to count foods
- How to navigate diabetes in school
- How to manage diabetes and sports

The Beyond the Basic class is offered the 1st Wednesday and 3rd Thursday of each month from 3-5 pm via Zoom.

Upcoming classes:

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<th>April 16th, 2020</th>
<th>May 6th, 2020</th>
<th>May 21st, 2020</th>
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<tr>
<td>June 3rd, 2020</td>
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To register for a class: call (650) 721-1811 or register at the front desk of diabetes clinic. You will receive the Zoom meeting ID on the week of the diabetes class. The patient’s insurance will be billed for this diabetes education class. The guarantor will be billed for any portion of the cost of the class not covered by your insurance.
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Pre-Pump and CGM Class
If you are interested in an insulin pump, this class is the first step in the process of getting a pump. A general overview of continuous glucose monitoring (CGM) is also provided in this class. You can also join this class if you are on a pump that is out of warranty and you want to learn about newest pumps on the market.

Class Goals:
- Check out the different types of insulin pumps
- Learn how you insert an infusion set
- Discuss the pros and cons of insulin pumps
- Discuss pros, cons, and realistic expectations of CGM

The Pre-pump and CGM class is offered the 1st Thursday and 4th Wednesday of each month from 3-5 pm via Zoom

Upcoming classes:
April 22nd, 2020 
June 4th, 2020
July 22nd, 2020
September 3rd, 2020
October 28th, 2020
December 23rd, 2020
May 7th, 2020
June 24th, 2020
August 6th, 2020
September 23rd, 2020
November 25th, 2020
May 27th, 2020
July 2nd, 2020
August 26th, 2020
October 1st, 2020
December 3rd, 2020

To register for a class: call (650) 721-1811 or register at the front desk of diabetes clinic. You will receive the Zoom meeting ID on the week of the diabetes class. The patient’s insurance will be billed for this diabetes education class. The guarantor will be billed for any portion of the cost of the class not covered by your insurance.

*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.*