

**VIRTUAL GROUP EDUCATION Referral (v.2022)**

[www.vch.ca/nsdec](http://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 is piloting 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](mailto:bellacoolamedicalclinic@vch.ca) phone: 250-799-5342
- ☐ Wuikinuxv: [wkn\\_nurse@wuikinuxv.net](mailto:wkn_nurse@wuikinuxv.net) phone: 250-949-8625 ext 303
- ☐ Sea to Sky: [Suzana.Cromwell@vch.ca](mailto:Suzana.Cromwell@vch.ca) phone: 604-892-2293 ext 279
- ☐ Sunshine Coast: [brenda.rowe@vch.ca](mailto:brenda.rowe@vch.ca) phone: 604-741-2284
- ☐ Powell River: [kimberley.leahy@vch.ca](mailto: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:**

Two sessions covering:

- What is pre-diabetes? How is it diagnosed?
- 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)

☐ **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.*