

Diabetes Group Education Program

Metro North – QUT Partnership Program for Diabetes and Healthy Kidneys



What is the Program?

The Partnership Program is a combined exercise and health education group program facilitated by the Metro North Hospital and Health Service (MNHHS) and Queensland University of Technology (QUT) delivered from the Northlakes Health Precinct. The aim is to provide quality lifestyle interventions for people living with Type 2 Diabetes Mellitus (T2DM), whether newly diagnosed or those living with the condition longer term. All components of the program are led or supervised by qualified professionals and involve QUT Faculty of Health students (our next generation of health professionals), including dietitians, exercise physiologists, psychologists, podiatrists, social workers, optometrists and nurses.

What will it involve?

The program runs for 10 weeks and consists of:

- One initial appointment to assess your current diabetes health. It will include questionnaires, blood tests, body and functional measures.
- Eight weekly one-hour personalised exercise sessions with supervision from an exercise physiology student.
- Plus one hour of interactive group education following your exercise class. This will include diabetes-related topics such as understanding diabetes, diet, kidney health, foot and eye care, medications, mindfulness, and living with a chronic condition.
- One final appointment to assess your diabetes health following completion of the eight weeks to identify improvements and areas for ongoing care.
- One optometry appointment to check for diabetes-related complications to eye function (at QUT Health Clinics, Kelvin Grove).
- One podiatry appointment to check for diabetes-related complications to foot health (at QUT Health Clinics, Kelvin Grove).



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Who can attend?

Anyone with T2DM with or without chronic kidney disease, including their carer or partner.

Participants can self-refer or be referred by their GP or other health service.

Why is this for me?

There are many reasons!

- Many previous participants have made positive changes and improvements in their diabetes and kidney health.
- It is a safe and supportive environment to discuss and learn about diabetes and kidney care from other participants as well as health professionals and students.
- There are monthly follow-up support groups (RECHARGE), which can help you stay on track after the intensive program.

How much will it cost?

- There is a one-off cost of \$30 (\$20 concession) for the podiatry appointment.
- The optometry appointment is free of charge.
- All other costs are covered by Metro North Hospital and Health Service in partnership with QUT.

How do I organise it?

- Ask your health care provider (e.g. GP, diabetes educator, dietitian or specialist) to refer you; or
- Call us directly on 07 3647 0492 and we can help you.

Where is it located?

- Northlakes Health Precinct is located at 9 Endeavour Boulevard, Northlakes. There is a small car park and street parking available.
- QUT Health Clinics is located in the Kelvin Grove Urban Village at 44 Musk Ave, Kelvin Grove. Free parking is provided during your appointments.



Contact Us

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