

# Diabetes Group Education Program

## QUT – RBH Partnership Program



### What is the Program?

The Partnership Program is a combined exercise and health education group program facilitated by the Royal Brisbane and Women's Hospital (RBWH) and Queensland University of Technology (QUT) through QUT Health Clinics. The aim is to provide quality lifestyle interventions for people living with Type 2 Diabetes Mellitus (T2DM), whether newly diagnosed or 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, diabetes educators, 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 one-on-one supervision from an exercise physiology student.
- Plus one hour of interactive group education following your exercise classes. It will include diabetes related topics such as understanding diabetes, diet, foot care, medications, mindfulness, living with a chronic condition and eye health.
- One final appointment to assess your diabetes health following completion of the eight weeks to identify improvements and areas for ongoing care.



Queensland  
Government



## Who can attend?

Anyone with T2DM including their carer or partner. It is not just for patients of RBWH.

## Why is this for me?

There are many reasons!

- Many previous participants have made positive changes and improvements in their diabetes health.
- It is a safe and supportive environment to discuss and learn about diabetes 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?

- With a Referral form for Group Allied Health Services under Medicare for patients with type 2 diabetes, the program is bulk-billed apart from your Podiatry appointment (\$30/\$20 Concession).
- If you are not entitled to a Medicare card, please contact us to discuss the cost.

## How do I organise it?

- If you are an RBWH patient, ask your diabetes educator, dietitian or endocrinologist.
- If not, ask your GP for a referral for Group Allied Health Services under Medicare for patients with type 2 diabetes—they may call us for help locating the correct form.
- Call QUT Health Clinics directly on 07 3138 9777 and we can help you.

## Where is it located?

QUT Health Clinics is located in the Kelvin Grove Urban Village at 44 Musk Ave, Kelvin Grove. We provide free parking during your appointments.



## Contact Us

|          |                                                                        |
|----------|------------------------------------------------------------------------|
| Phone    | 07 3138 9777                                                           |
| Address  | 44 Musk Avenue, Kelvin Grove QLD 4059                                  |
| Web      | <a href="http://healthclinics.qut.edu.au">healthclinics.qut.edu.au</a> |
| Facebook | <a href="https://fb.me/QUTHC">fb.me/QUTHC</a>                          |