

Living with Diabetes: education and weight management Referral form

Date referred: _____

Name: _____

I.D. card: _____

Gender: _____

Age: _____

Address: _____

**Telephone/
Mobile:** _____

Weight (kg): _____

Height (m): _____

BMI: _____

BMI = $\frac{\text{Weight}}{\text{Height} \times \text{Height}}$

The aim of this programme is to increase the participants' knowledge on diabetes' care and management as well as to guide them to lose weight and become more physically active.

The programme consists of 9 group sessions delivered on Saturday mornings by a multidisciplinary team at Mater Dei Hospital. The team consists of a diabetes practice nurse, a dietitian, a nutritionist, a resident specialist in diabetes, an oral hygienist, a podiatrist and a fitness instructor. Clients are also offered a one to one session with a counsellor/ psychotherapist (to facilitate behaviour change).

Sessions typically include an educational/discussion part and a short physical activity part.

Referring Doctor: _____

Criteria:

Inclusion Criteria: Individuals with type 2 Diabetes over 18 years of age who have a BMI greater than 25.

Exclusion Criteria: Individuals with all forms of Diabetes other than type 2, such as type 1 Diabetes, Diabetes secondary to pancreatic disease, monogenic Diabetes and gestational Diabetes; individuals diagnosed over a year ago; those under the age of 18 years; those with a BMI less than 25; individuals with a nephropathy; and those who had a recent CABG or acute cardiac event

Please send the filled in referral form to:

**Diabetes Education Unit
Out-patients – ground floor
Mater Dei Hospital
Dun Karm Street
Msida**