

Individual diabetes education sessions provided by our certified diabetes educators may include:

- **Self-Monitoring Blood Glucose** – An educator will help choose the best blood sugar meter for each person’s needs and will instruct on the value and technique of blood glucose testing.
- **Nutrition Education** – Our CDEs are also registered dietitians, who help patients address a variety of nutrition needs and how nutrition can be incorporated into their care plan.
- **Intensive Management Skills** – CDEs can help patients understand how to use correction factors and carbohydrate ratios to dose insulin as well as blood sugar pattern management.
- **Insulin Training** – Our CDEs can provide the skills needed to successfully use insulin for the management of diabetes.
- **Insulin Pump Training** – Kootenai Clinic’s diabetes education team includes educators who are certified insulin pump trainers for all major pump companies.
- **Continuous Glucose Monitoring Studies** – This physician ordered study will help obtain valuable data to help patients get a better idea of blood sugar patterns.



Diabetes & Endocrinology
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kootenaiclinic.org

Diabetes & Endocrinology



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Diabetes and Endocrinology Services

Kootenai Clinic provides consultation and treatment for many endocrine disorders, including: thyroid disease, parathyroid conditions, adrenal disease, pituitary disorders, metabolic abnormalities, Type 1 diabetes, Type 2 diabetes and gestational diabetes.

Diabetes evaluation, management and education include:

- Nutrition and lifestyle education for diabetes provided by registered dietitians who are certified diabetes educators (CDE)
- Blood sugar meter teaching
- Initiation, titrating and monitoring of insulin and/or oral diabetes medication
- Pump therapy initiation and/or management
- Continuous glucose monitoring (CGMS) interpretation and medication adjustments

Office services include neck ultrasounds, FNA biopsies, CGMS and insulin pump therapy, as well as collaboration with the hospital in planning, managing and treatment.

Meet Our Providers



**Maria Rodebaugh, M.D.,
FACE Medical Director**

Dr. Rodebaugh is the medical director for the Diabetes & Endocrinology Services.



Sue Trenkle, N.P.

Sue Trenkle is a Family Nurse Practitioner, Certified Diabetes Educator and the ADA coordinator for the Diabetes and Endocrinology clinic.

Diabetes Education Services

Diabetes education gives you the knowledge and skills you need to manage your diabetes. Controlling your blood sugar helps you feel better. Keeping your blood sugars in control will help to prevent complications of diabetes, such as heart disease, blindness, kidney disease, and amputation.

Individual and group classes are taught by our CDEs who are also registered dietitian nutritionists (RDNs). Our RDN CDEs are outstanding leaders in the field of nutrition and diabetes care. They can help make individualized plans for your personal needs.

Our diabetes education program is recognized by the American Diabetes Association for meeting the national standards for excellence in diabetes self-management education.

Our group classes provided by CDEs include:

- **Basics Course** – This comprehensive eight-hour course is designed for people with Type 2 diabetes, who are newly diagnosed or who are new to diabetes education. The class is designed to provide participants with the skills needed to modify behavior, successfully self-manage diabetes and its related conditions, and make successful decisions and solve problems.

The basics course includes the following topics:

- Healthy eating and calorie ranges
- Carbohydrate counting
- Heart healthy meal planning
- Nutrition fact label reading
- Strategies for dining out
- Measuring and weighing foods
- Being active

- Behavior change and goal setting
- Understanding diabetes, how it develops and progresses
- Self-monitoring of blood sugar, blood sugar target ranges, and what the numbers mean
- Risk factors
- Prevention complications
- Treatment options available for Type 2 Diabetes
- Healthy coping
- Resources

- **Basics Refresher Course** – This is a one-hour class for those who have participated in diabetes education in the past and need a review of management skills and strategies for Type 2 diabetes.
- **Nutrition Therapy Refresher Course** – This is a one-hour class for those who have participated in diabetes education in the past and need a review of nutrition management strategies for Type 2 diabetes.
- **Gestational Diabetes** – Our diabetes educators provide teaching to expecting mothers with gestational diabetes in group or individual sessions.
- **Free Type 1 Diabetes Support Group** – Type 1 diabetes is an often misunderstood disease. Diabetes and Endocrinology is offering this free Type 1 diabetes support group for people with Type 1 diabetes and their family member or friend. This group is to provide a time and place for people with Type 1 diabetes to come together to share their struggles, questions, solutions and successes.