

TYPE 2 DIABETES CASE STUDY



Stephanie's a retired Nurse who at 70 years old was diagnosed with Type 2 Diabetes

“ Some 6 years ago I was diagnosed as having a virus in my brain stem which profoundly affected my balance and vision. Today I still have a few seconds of dizziness with rapid head movement. Also a few years ago I was diagnosed with Type 2 Diabetes. ”

Without knowing much about exercise, Stephanie found it challenging to complete more than general walking and gardening.

“ Coming to PACE, my capabilities were assessed by the Exercise Physiologist and I began a programme which has markedly improved my balance, strength and weight control. It is good to work with a group and I look forward to the weekly sessions. If I am unable to attend for any good reason I feel quite deprived!! ”

Please see the attached flyer for information about our Diabetes management programs.

TYPE 2 DIABETES EXERCISE GROUPS - A PATHWAY TO SELF MANAGEMENT

(Initial Assessment + 8 group sessions)

GP Referral to the PACE Type 2 Diabetes Exercise Group:

To be eligible for allied health group services, a patient must:

- have Type 2 Diabetes
- have a relevant GP management care plan in place (item 721)
- Referral From for Allied Health Group Services under Medicare for Patients with Type 2 Diabetes

EDUCATION

Each referral will involve an individual appointment to assess capacity for exercise in a group setting, and introduce the client to; National Physical Activity Guidelines, Overcoming Barriers to Physical Activity, Goal Setting, Nutrition, and specific exercise prescription for Type 2 Diabetes management.

EXERCISE

Each group session will involve 60 minutes of exercise at a moderate intensity incorporating cardiovascular, stability, flexibility and resistance exercise. Our qualification makes us uniquely suited to managing exercise for all conditions including musculo-skeletal injuries, neurological conditions and high risk cardio-vascular problems.

LIFESTYLE MODIFICATION

Facilitating goal setting, food and exercise diaries, home exercise programs and education we encourage improved lifestyle through physical activity and healthy eating principles.

For referrals or more information email: info@pacehm.com.au or contact the nearest PACE Exercise Physiology location.

DVA | Workcover | Medicare | Life | TAC
Service Providers

Patient Investment: \$25 for each session,
(\$16.00 claimable at medicare)



Malvern

9576 3216

Tuesday 6 am
Thursday 11:15am

Mornington

5973 6109

Monday 11 am
Tuesday 6 pm

Frankston

9770 6770

Tuesday 6 pm
Friday 12 pm

National Exercise Physiology Practice of the Year 2009

email info@pacehm.com.au | website www.pacehm.com.au