



# Boston Children's Hospital

Where the world comes for answers



HARVARD MEDICAL SCHOOL  
TEACHING HOSPITAL

Diabetes Program  
300 Longwood Avenue, Boston, MA 02115  
617-355-6000 | bostonchildrens.org

Dear family,

**The Diabetes Day Treatment Program, located at Boston Children's Hospital main campus (Farley building, 8th floor),** provides high-quality diabetes care for children and families. The goal of our program is to make sure that families learn how to manage diabetes in a safe, supportive environment.

Our team of diabetes nurse educators, dietitians, social workers, nurses, and endocrinologists will work closely with your family to help you understand diabetes care and to make sure you have all of the written education materials, skills training, and supplies that you need. **Your education will take place in our Diabetes Day Treatment Program.**

Our Family Education Sheet about the Diabetes Day Treatment Program gives you detailed information you will need for these visits. The number of days you will attend is based on the reason you are being referred to the Diabetes Day Treatment Program. For many families, this will be two days back to back.

During your time in the Diabetes Day Treatment Program, you will receive education, build confidence, and adjust to any new routines, all while staying in close contact with the Boston Children's Hospital Diabetes Team.

**You can do this, and we are here to help!**

The Boston Children's Diabetes Team

# Family Education Sheet

## Diabetes Day Treatment Program



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View more health education materials at  
[www.bostonchildrens.org/familyeducation](http://www.bostonchildrens.org/familyeducation)

This sheet explains how to plan for your first visit to the **Diabetes Day Treatment Program (DDTP)**.

### Key points

- Be sure to bring all of your insurance/benefits cards with you.
- Don't give your child food or drinks high in sugar before your visit.
- You should expect to stay at the DDTP for up to 8 hours on Day 1 of education.

### Who should go to the Diabetes Day Treatment visits?

Your child and you as the parent(s) and/or other adult primary caregiver should come for education and training.

### What time is our visit?

Please arrive at the DDTP at 8:00 AM on \_\_\_\_\_ (date) for Day 1 of your diabetes education.

Your Day 2 visit, if needed, will be scheduled for the following day.

### Where do we go?

**The DDTP is located at Boston Children's main campus in the Farley building, 8th floor.** Enter the main hospital lobby at 300 Longwood Avenue. Our phone number is 617-355-6235.

### What do I need to do before the visit?

It is very important that we have your insurance/pharmacy benefits information as soon as possible to start the process of getting your supplies. Please bring all insurance/benefits cards with you to your visit. If possible, please send pictures of the front and back of your health insurance and pharmacy benefits cards **the night before Day 1 of your education** to:  
[EndocrineDiabetesPA@childrens.harvard.edu](mailto:EndocrineDiabetesPA@childrens.harvard.edu).

### What else do I need to know?

Please do not give your child food or drinks high in sugar before your Day 1 visit. The Infusion and Day Treatment Program, located at Farley building 8<sup>th</sup> floor, will be your home base for the next few days of diabetes education. We will give your child meals and snacks during your visit. Please expect to stay at the DDTP for up to 8 hours on Day 1. We will have some toys, coloring books, and crafts available to help keep your child busy between teaching sessions. Feel free to bring books or handheld games.

### What if my child is hungry in the morning before we arrive?

Your child will get breakfast in the DDTP. They should wait to eat until then. If your child cannot wait to eat until getting to the hospital, they may have a small snack that is not high in sugar.

### Who should I call with questions?

Call 617-355-6369 and ask to speak to your current endocrinologist (if you already have one) or the **endocrinologist on call** (if you are a new patient) if your child is vomiting (throwing up), or feels sick before Day 1 of teaching, or if you have urgent medical questions. If you went home from the emergency room, it may help to have the information below with you if you call the endocrinologist on call:

My child received the following diabetes medication at the emergency room:

\_\_\_\_\_ was given at \_\_\_\_\_ AM/PM on \_\_\_\_\_ (date).

\_\_\_\_\_ was given at \_\_\_\_\_ AM/PM on \_\_\_\_\_ (date).

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### We look forward to seeing you!

This sheet will give more details about what to expect during your **Diabetes Day Treatment Program (DDTP)** visit.

### What is diabetes?

Diabetes is a chronic (ongoing) medical condition. People with diabetes don't make enough insulin or are unable to use the insulin that their body makes. With care and treatment, people with diabetes live full and healthy lives. We will give you the education you need to live well with diabetes, including how to monitor blood glucose levels and give insulin injections.

### Who are the members of the diabetes team?

Our healthcare team will partner with you to teach you how to manage your diabetes at home. Your health care team includes:

- Diabetes doctors
- Social workers
- Diabetes nurse educators
- Family/pediatric nurse practitioners
- Registered dietitians
- Child life specialists
- Registered nurses
- Diabetes navigators

### What should I expect to happen at the Diabetes Day Treatment Program visits?

#### Example of Day 1 schedule:

- **8:00 am**  
Complete check-in process and order breakfast.
- **8:30 am – 9:30 am**  
Review the schedule for the day, eat breakfast and participate in mealtime diabetes skills supervised by a registered nurse.
- **9:30 am – 4:00 pm**  
Meet the diabetes team and participate in education sessions with the dietitian, social worker and nurse educator. Participate in all mealtime diabetes skills, supervised by a registered nurse.

#### By the end of the program, you will:

- **Meet** all Diabetes Team members.
- **Learn/review** basic concepts of diabetes care, basic diabetes skills, and both general and individual nutrition goals.
- **Review** diabetes education handouts, the basics of diabetes care and nutrition, daily home schedule, home supplies, and medications.
- **Schedule** diabetes follow-up appointments.
- **Get** discharge (home care) instructions and a school/camp medication plan, if needed.

### Is there more information on diabetes I can review before our first visit?



Scan QR code below to view Diabetes Patient Education: A Guide for Newly Diagnosed Diabetes Patients