



# CONTACT US

**DIABETES & WELLNESS TEAM LEAD PH:** 306-332-2618  
**CONFIDENTIAL FAX:** 306-332-2655  
**FHQ HEALTH SERVICES PH:** 306-332-8241

**450 8TH ST.  
BOX 300  
FORT QU'APPELLE, SK  
S0G 1S0**

**FACEBOOK.COM/FHQHEALTHSERVICES  
ALLNATIONSHEALINGHOSPITAL.CA  
FHQTC.COM**



## DIABETES AND WELLNESS



### WHAT WE DO

The Diabetes & Wellness team provides education and clinical chronic disease management, with a focus on diabetes. The team develops and delivers health promotion and prevention activities to promote and support overall good health in all ages and stages of life. The Diabetes & Wellness team also provides nutrition support to acute care at ANHH (ex. tube feeds, dysphagia) as well as nutrition and diabetes care for dialysis patients.

### SCOPE OF WORK

- Diabetes and chronic disease education, support and self management
- Diabetes and pregnancy support and management
- Education on diabetes risk factors, early detection and screening
- Implementation of clinical practice guidelines, best practices, and policies in areas such as chronic disease, diabetes in pregnancy, acute nutrition care, food security and active lifestyles
- Support to clients in achieving their health care goals which includes advocacy within the health care system
- Support Clients and families to improve access to healthy foods, including traditional foods
- Health promotion activities and education in community
- Referrals for cultural practices and traditional medicines, as well as respect and integration into care





## WHAT IS THE DIABETES & WELLNESS TEAM

The Diabetes and Wellness Team includes health professionals that are Registered Dietitians, Certified Diabetes Educators, and Diabetes Nurse Educator. The team provides services to:

- Support diabetes self-management
- Improve screening and treatment services
- Improve the coordination and integration of services
- Provide education, support and access in regards to diabetes, chronic disease and nutrition.

## COMMUNITIES WE SERVE

- Little Black Bear First Nation
- Muscopewtung Saulteux Nation
- Nekaneet First Nation
- Okanese First Nation
- Pasqua First Nation
- Peepeekisis Creen Nation
- Piapot First Nation
- Standing Buffalo Dakota Nation
- Star Blanket Cree Nation
- Wood Mountain Lakota First Nation

## HOW DO I RECEIVE SERVICES FROM THE DIABETES AND WELLNESS TEAM?

- Self-referral
- Visit your Primary Care Provider to request a referral
- Speak to a member of your primary health care team
- Contact a member of our team



## OUR SERVICES

### Health Promotion Programming

- Health Education Presentations
- Information and health screening at community health fairs
- Cooking Classes
- Menu Planning Support
- Youth Nutrition Programming

### Clinical Support

- Individual diabetes and nutrition counselling
- Dietitian Services for Pasikow Muskwa Rising Bear Healing Centre
- Acute nutrition, dysphagia, and diabetes support to ANNH
- Nutrition and diabetes counselling for hemodialysis patients

### Community Initiatives

- Monthly wellness clinics in community
- Youth nutrition programming
- Health fairs, treaty days and school events
- Food security proposals and policy support