

NEWS RELEASE



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For Immediate Release

HALIFAX REGIONAL EXPANDS DIABETES EDUCATION PROGRAM

ROANOKE RAPIDS (June 3, 2011)--Halifax Regional's diabetes education program has been expanded to any person with diabetes in Brunswick, Greenville and Mecklenburg Counties.

The expansion follows the accreditation of Halifax Regional's program, the first in the area to be accredited by the American Association of Diabetes Educators.

"Accreditation means Halifax Regional's program provides quality education so that type 2 diabetics can manage their diabetes for life," said Carrie Davis, RN, BSN, program coordinator. Davis is a Certified Diabetes Educator.

The program is open to anyone in the community with a referral by a physician. Diabetes education is a crucial part of care for all persons with diabetes, enabling them to learn the skills and knowledge to change their behavior, manage their diabetes and achieve an optimum health status, says Davis.

Each patient referred to the program undergoes an assessment and then is assigned a class rotation. Classes are offered monthly at Halifax Medical Plaza in Building 1. Each patient attends two four-hour group classes and a one month follow up class.

"The focus of the classes is healthy eating, being active, medication and reducing risks," said Davis.

Davis said Louis Chetty, MD, of Halifax-Northampton Internal Medicine, and Shari Kingsley, a Registered Dietitian at Halifax Regional, assisted in meeting the accreditation standard.

"Halifax Regional's education program is exactly the type of program we envisioned when we set up our accreditation program in 2009," said Leslie Kolb, RN, of the American Association of Diabetes Educators.

“Trends show that diabetes education is moving out of the hospital and into the community, so the accreditation program is designed to encourage diabetes education where the patient is seeking care,” added Kolb.

For information about the program, contact Davis at 252 535-8276 or cldavis@halifaxrmc.org.

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About Halifax Regional

Halifax Regional Medical Center is licensed for 204 beds, including psychiatric and nursery. A non-profit organization, Halifax Regional is fully accredited by the Joint Commission. For more information, visit www.halifaxregional.org.