

The P.R.I.D.E. Program Mission Statement

The PRIDE Program is designed to provide comprehensive, up-to-date education that guides the participant to effectively self-manage their diabetes and its related complications.

This nationally recognized program is conducted in a learner-friendly atmosphere that is sensitive not only to cultural differences, but also to the varying needs of the individual person.

Our healthcare team is dedicated to providing you the tools you need to successfully manage your diabetes, and that team starts with you!



Kickapoo Tribal Health Center
Health Promotion/Diabetes Program
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*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education and Support.



Kickapoo Tribal Health
Center

P.R.I.D.E. Program

Preventing and Reducing Illness through
Diabetes Education*



Health Promotion and Disease Prevention

Diabetes Education Department

Diabetes Program Staff:

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What is P.R.I.D.E.?

- The P.R.I.D.E. program is a diabetes self-management education program sponsored by the Kickapoo Tribe Health Center. It is designed to teach you the necessary components of successful blood glucose control and skills to help reduce diabetes related complications.
- The P.R.I.D.E. program curriculum is based on the AADE curriculum. Sessions are scheduled on a weekly or monthly basis. Family members and/or caregivers are encouraged to participate as well.
- The P.R.I.D.E. program is an collaborative process consisting of four coordinated educational sessions, including both individual and group interactions, and follow-up appointments as needed.
- **After completion of Sessions 1-4, patients will be eligible to receive a free pair of Orthofeet shoes.**

P.R.I.D.E Sessions

Session 1

This is a group session with one of our diabetes educators. This class introduces you to a basic diabetes information, Monitoring Blood Sugars, and Healthy Activity. Being active is covered by our fitness specialist who is also available for guidance in setting up a fitness routine. This session generally lasts 1-2 hours.

Session 2

This is a group session with the dietitian that thoroughly covers the role of food in diabetes management. This session generally lasts 1 to 1.5 hours.

Session 3

Also a group session, this helps you explore feelings and coping strategies with diabetes, through problem solving and goal setting. Led by a diabetes educator, this session runs from 1- 1.5 hours.

Session 4

This group session focuses on Reducing Risks and Taking Medications. Led by one of our diabetes educators, this class generally runs 2 hours.

Session 5 (after doctor appointment and follow up)

This is a one-on-one with a diabetes educator, briefly reviewing the topics covered by P.R.I.D.E., goals you previously set, and new lab results compared to previous lab results. This will be approximately **2-3 months after you complete Session 4** and after you are seen by your doctor for your diabetes. This session is 15-30 minutes long.

Frequently Asked Questions

What is AADE7?

American Association of Diabetes Educators, the 7 stands for the seven key self-care behaviors to help you with diabetes self-management.

I have taken the classes years ago, why do I need them again?

We have updated our classes according to the American Association of Diabetes Educators recommended curriculum to better equip you with the tools needed for diabetes self-management. We want to help keep you on track with your self-management and goals in reducing risks for complications. Standards of care are routinely updated and we want to help you stay current in your diabetes care.

Can I bring someone with me to the sessions?

Yes! We highly encourage family members or caregivers to attend with you. *They will not be eligible for shoes even if they have a chart at KTHC.

