

CDM Program Information

All clients will be offered all aspects of CDM programming i.e. disease specific education; exercise & self-management education. Programs are offered in numerous sites within the Saskatoon Health Region. Where possible, clients are booked at the site of their choice and are contacted within one week of referral. Programs may change – <http://www.saskatoonhealthregion.ca/LiveWell> for current offerings.

Service	Service Provided	
Diabetes	Adult – type 1 & 2; pre-diabetes	Urgent referrals are seen within 24-48 hours on business days. All other referrals are seen within 2-4 weeks. type 1 – offered automatic yearly recall, alternating clinician & MD. type 2 – short term follow-up then return to Family MD.
	Pregnancy	Target for seeing referrals is 1 week. Some referrals go directly to Diabetes in Pregnancy Clinic with an Internal Medicine Physician. Women with gestational diabetes will be seen by a dietitian. If blood sugars are above target, they will then be followed in the Diabetes in Pregnancy Clinic. Women with pre-existing diabetes will be seen in the Diabetes in Pregnancy Clinic.
	*Pediatric (Ages 0-16) Young Adult Transition (Ages 16-20)	Referrals triaged by Endocrinologist for urgency. All referrals followed by Pediatric Multidisciplinary Team until discharged/transitioned to adult team.
	Adult Diabetes Medical Specialist	Please state purpose of referral. Program books with 1 st available multidisciplinary team. All referrals booked with clinician prior to seeing endocrinologist.
Cardiovascular	Individuals diagnosed with cardiovascular disease who have angina, myocardial infarction, coronary artery bypass surgery, angioplasty, stent, heart failure, cardiomyopathy, cardiac valve problems, heart transplant, or rhythm problems and internal cardiac defibrillator (ICD). Spouse/support person welcome.	
Respiratory	Individuals with a diagnosis of COPD or asthma or any other confirmed lung disease.	
Rheumatology	Individuals diagnosed with inflammatory arthritis, lupus, or osteoarthritis.	
Pre-Diabetes Metabolic Syndrome Dyslipidemia Hypertension	Participants will receive information and support in making healthy lifestyle choices. Appt within 2-4 wks of referral. Individuals are invited to Preventing Diabetes & Heart Disease group in Saskatoon. In rural, individual appointments are provided.	
Stroke & Parkinson's (Rehab only)	Exercise programs for individuals who have had a stroke or who have been diagnosed with Parkinson's disease.	
Childhood Obesity Management	Children/youth and their parents who are interested in weight control.	
Adult Obesity Management	Individuals who are looking to improve their weight management will be offered group programming	
Adult Nutrition Management	Individual appts. Covers a wide variety of conditions i.e. IBD, Celiac disease, IBS, malnutrition, etc. In Saskatoon, adult nutrition services are provided through CDM. (in Rural, individual and group sessions are provided for all age groups.)	
Self-Management	Peer-led workshops (1 class/week for 6 weeks). Choose from "LiveWell with Chronic Conditions or LiveWell with Chronic Pain	