

Making an Appointment



You need a doctor's referral

If you are new to our service or if you have not attended for more than a year, you will need to get a written referral from your doctor. It helps our staff to care for you if we have the results of recent blood and urine tests concerning your diabetes. Your doctor can fax a copy of your test results and a referral for attendance at the appropriate diabetes clinic or to a diabetes education centre nearest to you.

You can also phone the diabetes centres if you have enquiries about the programs and appointments.

Where are our centres located? GNS Diabetes Service



Belmont
Belmont Hospital
Outpatients Area B

Newcastle
Community Health Centre
Lvl 2, 670 Hunter Street

Maitland
Health Services Building
Maitland Hospital

Raymond Terrace
Raymond Terrace
Health Centre
4 Jacaranda Ave

Royal Newcastle Centre
John Hunter Hospital

Toronto Community
Health Centre
James St, Toronto

Wallsend
Neal House
Wallsend Campus

Phone: 4016 4666
or
1300 855952

Fax referral to:
4922 3895

Diabetes service also provided at:
Singleton Community Health Centre Phone: 6571 9248

Fax referral to: 4931 2005

Obstetrics Department Phone: 49214038
Mobile: 0427101552
Fax: 4925 5924



Adult Diabetes Services in the Greater Newcastle Sector

There are a range of
education programs and
medical services for
people with diabetes



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Who can attend?

There are services for people with:

- Type 1 diabetes
- Type 2 diabetes
- Diabetes in pregnancy:
 - Gestational diabetes
 - Existing diabetes and pregnant

A support person (family member or friend) is welcome to come along with you.

- An interpreter can be arranged if needed.
- An Aboriginal Liaison Officer is available if requested.

You need a referral from your doctor to attend the education programs and the medical clinics.



What services and programs are offered?

- Individual and group education about healthy eating, physical activity and day to day diabetes management for people on diet control alone for their diabetes or on diabetes tablets and/or insulin.
- Programs for commencing insulin therapy and for those starting on insulin pumps.
- Diabetes education for hospital inpatients.
- Medical clinics for adults and young people over 18 who have diabetes are held at the Newcastle Community Health Centre (located in Hunter St) and the Royal Newcastle Centre (located at John Hunter Hospital). The clinics are primarily for medical management of diabetes and diabetes-related complications.
- Clinics for pregnant women with existing diabetes or gestational diabetes. These are booked through the Obstetrics Departments at Belmont and John Hunter Hospitals. A pregnancy and diabetes clinic at Maitland Hospital is booked through the Diabetes Service.
- Group education for pregnant women with diabetes at Belmont and John Hunter Hospitals and Wallsend Diabetes Centre.

*Not all services are offered at all centres.
See locations and contact details on the back.*

What can you expect?

Diabetes Education

- If you have been referred for education, you will be seen by a diabetes nurse educator and/or a diabetes dietitian, either in a group program or individually.
- You will receive a letter inviting you to phone our service to book your place in a group education program or to make your individual consultation appointment.
- After you have attended your planned appointments, you will be discharged back to your GP's care, unless it is assessed by our clinicians that you need further diabetes education or management.

Diabetes Medical Clinic

- The urgency for your clinic appointment will be assessed from the information in your referral.
- You will be sent a letter with your appointment details.
- The Diabetes Specialist Team will assess and manage your diabetes during your clinic visits, and in some cases by phone.
- Your clinic appointments will not be ongoing. When the Specialist assesses you no longer need to attend, you will be discharged back to your GP's care.
- You may also be referred to other health professionals, if required.