



**Brooke Trotter**

## Diabetes Educator

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Brooke is a credentialled Diabetes Educator and Registered Nurse, who has been working at Central Medical Group (CMG) for 5 years. Originally from the Northeast, Brooke completed her Nursing degree in Melbourne and completed a post graduate certificate in Rural Critical Care, which lead her to work in speciality areas such as, intensive care and emergency for more than 10 years.

Brooke has also completed a certificate in Diabetes Education, and this is where she has found a new passion for supporting people living with diabetes. Brooke has experience in working with all types of diabetes, including Type 1, Type 2, gestational and prediabetes. In her spare time Brooke loves to cook and spend time in her veggie garden with her family.

“As a Diabetes Educator my aim is to help you to achieve your goals by giving you the tools and skills to better self-manage. Diabetes management differs from person to person, I would like to help support you and how diabetes best fits into your life.”



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## What is a Credentialed Diabetes Educator?

Credentialed Diabetes Educators are specialists in diabetes. They are health professionals who have completed further study to focus their efforts on helping people with diabetes self-manage their diabetes effectively and prevent complications. They have in-depth knowledge on all aspects of diabetes and can be the first point of call when you are wanting more information, support and/or motivation in the management of your diabetes and the link between other health professionals.

Our Diabetes Educator maintains their credentialed Diabetes Educator status through the Australian Diabetes Educator Association and a registered Division 1 nurse registration through AHPRA.

## When should I see a Diabetes Educator?

Credentialed Diabetes Educators can be there with you the entire way through your journey. When you are first diagnosed, they explain what diabetes is and provide individualised advice on how to get your blood glucose levels within the appropriate target range. They will also help you organise tests and screenings for diabetes complications. This will vary depending on your diabetes, your lifestyle, and your age. The main aim of a Diabetes Educator is to empower the person that has diabetes to self-manage their diabetes through knowledge, motivation, and support.

## Who should see a Diabetes Educator?

It is recommended for all patients who are pre-diabetic, living with diabetes or who have gestational diabetes to see a diabetes educator for support, education and management whilst living with diabetes.

At CMG we support women with gestational diabetes regarding how to best manage their blood glucose levels during pregnancy.

We also provide education to people living with type 1 diabetes and type 2 diabetes regarding their medication management and achieving their goals of optimal diabetes management.

We provide education, counselling and support and work closely with your GP and other Allied health staff regarding your diabetes management.

## What is Gestational Diabetes?

Gestational Diabetes is a condition that develops in some pregnancies. It is important to know that it's not your fault, as there are many complex factors at play that are out of your control, such as hormones and genetics, that can contribute to the development of GDM.

Our Diabetes Educator will help support you through this time with education and management advice for the remainder of your pregnancy, and work closely with your GP and other allied health professionals.

## Fees

	Fee	Time
Initial Consult	\$90.00	45 mins
Reviews	\$60.00	30 mins
Phone Reviews	\$30.00	15 mins

Your GP may provide you with a Chronic Disease Management Care Plan. Through your care plan you may be eligible for a referral that allows for Medicare to partially subsidise your consults to the Diabetic Educator.

### Making a Booking

Bookings can be made by visiting [www.centralmedical.com.au](http://www.centralmedical.com.au), by calling **02 6024 3233** or by downloading the HotDoc app.