Internal Medicine Diabetes Education Program

Schusterman Center Clinic
4444 E. 41st Street
Tulsa, OK 74135-2527
918-619-4400

Where goals are MET…

Mission:

The mission of the University of Oklahoma OU Physicians Internal Medicine Diabetes Education Program is to provide innovative and comprehensive diabetes self-management education to individuals referred to our diabetes service in such a way to enhance learning and facilitate appropriate diabetes self-care behaviors to reduce long-term complications and improve quality of life.

Education Program:

The Internal Medicine Diabetes Education Program is an American Diabetes Association nationally recognized diabetes education program provider. We provide individual, tailored sessions to empower patients to better manage diabetes. Taught by highly trained specialists in diabetes, these sessions are for newly diagnosed type 1 or type 2 diabetes, patients needing a refresher, or patients that never received diabetes education.

Education sessions cover

- Understanding diabetes
- Role of medications
- Nutrition planning and specialized medical nutrition therapy
- Exercise education
- Weight management
- Diabetes self-management education and support
- Preventing diabetes related complications
- Assistance with access to medications and supplies
- Young adult transition for type 1 or type 2
- Pregnancy program
Team of Certified Diabetes Educators:

Jeri Mills, RD/LD, CDE  
Mary Steward, APRN-CNP, MS MPH, CDE  
Katherine O’Neal, Pharm.D., MBA, BCACP, CDE, BC-ADM, AE-C

Additional Services Offered:

The Internal Medicine Diabetes service also provides these services to assist with diabetes care:

- Individual Medical Nutrition Therapy – Type 1 and 2 Diabetes (for adults), Gestational Diabetes, Chronic Kidney Disease, and Weight Management
  - Jeri Mills, MHR, RD/LD, CDE

- Advanced diabetes management
  - Katherine O’Neal Pharm.D., MBA, BCACP, CDE, BC-ADM, AE-C
  - Mary Steward, APRN-CNP, MS, MPH, CDE

Make an Appointment

Call 918-619-4400

*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.*