

# Diabetes Self-Management Education Program

Diabetes Self-Management Education Program of Physicians' Medical Center provides quality comprehensive diabetes self-management education. We believe that education is key to improving the lives of people with diabetes. We strive to give people with diabetes the confidence and knowledge to better manage their disease, avoid the complications of diabetes, and achieve optimum health.

Diabetes education is provided for groups in a class setting and for individuals in an office setting. Topics may include:

- Healthy eating
- Being active
- Monitoring blood sugars
- Understanding diabetes medications
- Problem solving
- Reducing risk of diabetes complications
- Healthy coping

To learn more about the PMC Diabetes Self-Management Education Program or to schedule a class or an appointment, call Jennifer Scott, MS, RDN, Program Coordinator, 503-472-6161.

Links more information about diabetes:

- **American Diabetes Association:**  
www.diabetes.org
- **National Institutes of Health:**  
www.nlm.nih.gov/medlineplus/diabetes
- **Diabetes Self-Management magazine:**  
www.diabetesselfmanagement.com

# PMC Clinic Services

**Additional Services available at Physicians' Medical Clinic include, but are not limited to:**

- Lab
- Xray
- Pharmacy
- Physical Therapy
- Dietician Services
- Triage/Advice
- Care Coordination
- SNACK Program
- Psychology

### LAB SERVICES

PMC has an on-site full service laboratory, including spirometry, EKG services, and holter monitoring. When your provider orders a laboratory test, you can have your lab order collected, processed and analyzed at the time of your visit or at a future date specified by your provider.

**Amado V. San Agustin, CLS (NCA), MT (AMT)**  
*Laboratory Manager*

Phone: (503) 434-8235

	Birth	2 months	4 months	6 months	9 months	12 months	5-18 months	24 months	36 months	48-60 months
Hep A		☞								
Hep B	☞	☞	☞	☞						
DTaP		☞	☞	☞		☞	☞	☞	☞	☞
IPV	☞									
Hib		☞	☞	☞						
PCV		☞	☞	☞						
Rotavirus					☞					
Flu						Yearly after 6 months of age				
MMR										
Varicella										
Check up	•	•	•	•	•	•	•	•	•	•
Meningococcal		9-10 Years				11-12 Years				13-18 Years
HPV										• (3 shot series anytime after age 9)
Flu		Yearly								

Recommended Immunization Schedule • Birth to 18 Years of Age

# Pediatric Reference & Services Guide



# Physicians' Medical Center, PC

Our Offices are located at:

**2435 NE Cumulus Ave, Suite A  
McMinnville, Oregon 97128**

Phone: **503-472-6161**

Fax: **503-434-6290**

Hours: **Mon. - Fri. 8:00 am - 5:30 pm  
Saturday 8:30 am - 12:00 noon**

After hours Answering Service:  
**1-877-820-1307**

Poison control:  
**1-800-222-1222**

Web page and patient portal:  
**www.pcmcmac.com**

Facebook page:  
**physicians medical center**

Hospital:  
**Willamette Valley Medical Center  
503-472-6131**

**\*Life Threatening Emergency Situations:  
CALL 911**

**\*\*\* Should we add a statement that they should call 911 (phone number) for all immediate life threatening situations rather than calling for a doctor?**

## Over the counter ... Medications

### Medication Dosage Recommendations

Weight	Tylenol (160mg/5ml)	*Ibuprofen (100mg/5ml)	*Ibuprofen (50mg/1.25ml)
6-11 lb	1/4 tsp, 40mg	*not recommended under 6 mo old	
12-17 lb	1/2 tsp, 80mg	1/2 tsp, 50mg	1.25ml, 50mg
18-23 lb	3/4 tsp, 120mg	3/4 tsp, 75mg	1.875ml 75mg
24-35 lb	1 tsp, 160mg	1 tsp, 100mg	2.5ml, 100mg
36-47 lb	1 ½ tsp, 240mg	1 ½ tsp, 150mg	3.75ml, 100mg
48-59 lb	2 tsp, 320mg	2 tsp, 200mg	5ml, 200mg
60-71 lb	2 ½ tsp, 400mg	2 ½ tsp, 250mg	
72-83 lb	3 tsp, 480mg	3 tsp, 300mg	
84-95 lb	3 ½ tsp, 560mg	3 ½ tsp, 350mg	
96 lbs +	4 tsp, 640mg	4 tsp, 400mg	

▶ ml and cc are identical in volume, so 5ml = 5cc = 1 tsp, 2.5ml = 2.5cc = ½ tsp, and so on....

▶ We do not recommend Benadryl or antihistamines under 12 months old, or their use for colds. For allergies in children over 12 mo old, it is 12.5mg per 5ml, and is dosed 1 tsp per 25 lb. of child.

## Be Prepared for: Illness & Colds

Once a baby or toddler starts to roam about more and make contact with the outside world, they can average 8-10 colds per year. Items to have on hand for times when a child becomes ill:

- Bulb syringe and nasal saline
- Acetaminophen (Tylenol)
- Ibuprofen if over 6 months old (Advil/Motrin)
- Thermometer
- Humidifier (cool mist is best)

## Tips for Fever:

- Fever is part of a normal, healthy immune response to infection
- Treatment should be for discomfort, not simply because the temperature is above 100° F
- Increase fluid intake with fever, each degree of fever increases fluid requirement about 17%
- See attached dosing charts for acetaminophen (Tylenol) and ibuprofen (Advil and Motrin)

### 📞 Call the clinic if:

1. Child appears ill
2. Fever lasts over 72hrs
3. Any fever for patients under 2 month old

## Tips for Colds:

- Colds are caused by viruses and do not respond to antibiotics. In general, they do not respond to antihistamines as well since it is not an allergy. Treatment should focus on comfort until it resolves on its own. Cold medications are not recommended in children under 6.

- Saline nose drops, 2-3 drops on each side as needed for thicker/difficult to clear nasal congestion. Cool mist humidifiers are helpful as well for thicker congestion.
- Elevating the head of the bed can help with drainage.
- Pain relievers for sore throat, headache, ear aches, muscle aches.
- Children over 6 can have Delsym for coughing.

### 📞 Call the clinic if:

1. Fever lasts over 72 hours.
2. Nasal drainage lasts over 14 days.
3. Cough lasts longer than 14 days.
4. Problems with breathing, wheezing, grunting, croupy coughing.
5. Ear pain that is either severe, or lasts longer than 48 hours.

## REMEMBER ...

*These tips are meant to be general guidelines and advice only and are not a substitute for any specific advice from your health care provider. If your child has a chronic illness, appears ill, or if you are worried, PLEASE call the office to speak with your provider or the nursing staff.*

## Tips for Vomiting:

- With gastroenteritis (stomach flu), you may need to wait a few hours after the vomiting starts before giving the child any fluids will be effective. Begin with small volumes, as small as a tablespoon at a time for some. Then slowly increase the amount given. Pedialyte is best. For children over 1 year old, Gatorade is a reasonable 2nd choice. Soft drinks and juice have too much sugar and can't be absorbed as quickly as Pedialyte and Gatorade.

### 📞 Call the clinic if:

1. Any blood in the vomit
2. Not tolerating small sips of clear liquid
3. If mild/infrequent vomiting lasts longer than one week
4. Any signs of dehydration such as: no urine for over 8 hours, dry mouth, no tears when crying

## Developmental Milestones:

- Birth – eye contact,
- 2 wk - smile
- 2 mo – social smile,
- 4 mo – sit up w/ support,
- 6 mo – sit up on own, rolls over
- 9 mo – stand with support, mama, dada
- 12 mo – walk on own, 3-6 words
- 15 mo – 7-20 words
- 18 mo -
- 24 mo – 2 word sentences, 50% intelligible
- 36 mo – 3 word sentences, 75% intelligible
- 48 mo – 4 word sentences, fully intelligible

## Car Seat Tips:

- Infants **must** be rear facing until 12mo old *and* 20lb. It is recommended to keep infants rear facing until 24mo old or until they reach the height/weight limit of their car seat.
- They can move to a booster seat at 40 lb, and should remain in a booster seat until 4' 9", generally between 8 and 12 years old.

## Tips for Diarrhea:

As with vomiting, encourage fluids, but avoid soft drinks and juice, they will worsen the diarrhea. Most children become temporarily lactose intolerant with a diarrheal illness. Avoid cow milk, use soy, rice, or almond milk instead, presuming there is no vomiting or previous issues with those products.

As above, watch for signs of dehydration, though measuring urine output can be difficult in children still in diapers.

Probiotics and yogurts such as Activia can be helpful if tolerated well.

### 📞 Call the clinic if:

1. Blood in the diarrhea.
2. Diarrhea lasts longer than 2 weeks. <<(1 week was stated above! Is this a contradiction?)>>
3. Child appears ill.

## Nutrition Tips:

- Avoid giving juice in bottles to babies (we will occasionally recommend juice for constipation, however). Babies should transition to a cup around 12 months old.
- Eating a variety of vegetables and fruit is part of a healthy diet. In general, more colorful fruits and vegetables are healthy.
- Using healthier oils low in saturated fats and ones containing omega 3 fatty acids are best. Fish are a rich source of these types of fats.
- Be creative and try new things. Babies and toddlers often won't immediately take to a new food, but over time will try new things.

## Physicians' Medical Center, PC

Phone: **503-472-6161**

After hours Answering Service:

**1-877-820-1307**

Hospital: **Willamette Valley Medical Center**

**503-472-6131**