Diabetes Care at Campus Health

Diabetes Care Team at Campus Health

The Campus Health Diabetes team can provide your complete diabetes care or supplement care with your endocrinologist. Our diabetes team members include physicians, dieticians, and a clinical pharmacist - all of whom have advanced knowledge of diabetes.

Our pharmacist is also a Certified Diabetes Care and Education Specialist with appointments available for in-depth diabetes management and treatment counseling. These appointments are provided at no charge for any student/post-doc/spouse eligible [1] for care at Campus Health.

Team Members:

Rachel Selinger, Pharm D., Certified Diabetes Care and Education Specialist, Clinical Pharmacist Practitioner

Jennie Emery, DO

Kyle Tamminga, MD

Annie Penrose, M.Ed., RDN, Clinical Nutrition Specialist

Caitlin Heredia, PA

Lindsay Herrigan, MS, RD, LDN

Counseling and Psychological Services [9] also assists in our team care approach.

Appointment Scheduling
For the best diabetes care, visit your diabetes care provider at least every three months. This helps your provider know you when you are well and take better care of you if you become ill.

**Appointments** [10] can be made by phone or through the [Healthy Heels portal](#). [11]

- By phone, mention that you have diabetes, which will help ensure that enough time is scheduled for your appointment. You may also indicate which of the [team members](#) you would like to visit. If you are ill, call early.
- On the portal, fill in the notes section with your diabetes care needs. You may also indicate here which of the [team members](#) you would like to visit, as some of them are not listed in the provider dropdown menu.

**What to bring to your appointment**

- Your glucose meter, insulin pump (if you use one), and/or CGM (if you use one),
- Any medications you are currently taking, and
- A recent 3-4 day log of your insulin doses, blood sugars, carbs and movement.
- If you are a new patient:
  - Fill out the [Diabetes Questionnaire](#). This helps us provide care for you in case of unexpected illness.
  - Request that your provider send your recent diabetes records to the contact info on the questionnaire above.

At each visit, review with your provider:

**What if I need emergency or after-hours care?**

Call 911 if you are experiencing a life-threatening medical emergency.

For urgent needs, call 919-966-2281. After hours, this number connects with Health Link, a nurse advice system associated with UNC Health Care. They can help you determine what you need to do next, including connecting you with a provider on call if needed.
**Same Day Care** [14] is also available for urgent needs. Wait times for those without an appointment will vary. Appointments are encouraged to help limit wait times and to provide safe, efficient care.

**What should I review at each visit with my provider for the best care?**

- Recent changes or concerns
- A1c- target < 7% or lower if not having significant hypoglycemia
- Blood pressure - target < 130/80 mmHg
- Foot exam and foot care
- Insulin plan or other treatment: what’s working and what to improve
- Fitness plan/ways to be active
- Monitoring 4 times a day or more if treating with insulin and using those numbers to improve results
- Low blood sugar plan - always carry sugar to treat lows quickly, glucagon
- High blood sugar plan - insulin correction doses, ketone testing
- Insulin pump safety
- Sick day care
- Stress management
- Contraception/pre-pregnancy planning
- Preventing heart disease (not smoking, blood pressure, cholesterol management, and aspirin therapy)
- Preventing diabetes-related complications
- Alcohol use and its effect on blood sugar

**What should I review yearly with my provider?**

- Lipids (cholesterol), creatinine (kidney function) and microalbumin (protein in urine)
- Eye exam (Dr. Meredith at UNC Hospitals is a diabetes retina specialist 919-966-5296)
- Flu vaccine in October or November
Dental visit 1-2 times a year

A pneumococcal vaccine (Pneumovax) dose is recommended for all individuals with diabetes or other risk factors, and when you are over 65, a booster dose is required.

**What diabetes self care items are available at the Healthy Heels Shoppe or Student Stores Pharmacy?**

Alcohol swabs  
Glucose gel  
Glucose 4 gram tablets  
Sharps container (BD)

Also, please review the [Pharmacy Formulary](#) for medications available at Campus Health Pharmacy and Student Stores Pharmacy.

**What are online resources where I can learn more info?**

- Diabetes online community resource guide from Beyond Type 1 [16]  
- Association Of Diabetes Care and Education Specialists (ADCES) [17]  
- American Diabetes Association (ADA) [18]  
- Beyond Type 2 [19]  
- Canadian Diabetes Association (CDA) [20]  
- Centers for Disease Control (CDC) [21]  
- College Diabetes Network - specific to the concerns of young adults with Type 1  
- Diabetes and Heart Disease - Mayo Clinic [24]  
- Diabetes Net [25]  
- Diabetes Prevention - 50 Ways to Prevent Diabetes: NIH - National Diabetes Education Program [26]  
- Diabetes Prevention - The Healthy Plate Method: New York State Department of Health Diabetes Prevention [27]  
- DiabetesSisters [28]  
- dia Tribe [29] - Research and product news for people with diabetes  
- glu [30]
- **JDRF** [31] Juvenile Diabetes Research Foundation
- **MedicAlert Foundation Home Page** [32]
  Provides necklaces, bracelets, etc. for emergency medical information and identification
- **National Institute Of Diabetes And Digestive And Kidney Diseases (NIDDK)** [33]

**Source URL:** https://campushealth.unc.edu/services/diabetes-care/diabetes-care-campus-health

**Links**
2. [https://campushealth.unc.edu/about-us/our-staff/ann-chelminski-md](https://campushealth.unc.edu/about-us/our-staff/ann-chelminski-md)
5. [https://campushealth.unc.edu/about-us/our-staff/kyle-tamminga-md](https://campushealth.unc.edu/about-us/our-staff/kyle-tamminga-md)
8. [https://campushealth.unc.edu/about-us/our-staff/lindsey-harrigan](https://campushealth.unc.edu/about-us/our-staff/lindsey-harrigan)
9. [http://caps.unc.edu](http://caps.unc.edu)
10. [https://campushealth.unc.edu/about-us/appointments](https://campushealth.unc.edu/about-us/appointments)
11. [http://healthyheels.unc.edu](http://healthyheels.unc.edu)
14. [https://campushealth.unc.edu/urgent-needs/same-day-care](https://campushealth.unc.edu/urgent-needs/same-day-care)
15. [https://docs.google.com/spreadsheets/d/1v5dnCqHOvR76UN9Sif3Um6evEfUNZ0SsRmTeBnQzO4/edit#gid=534293187](https://docs.google.com/spreadsheets/d/1v5dnCqHOvR76UN9Sif3Um6evEfUNZ0SsRmTeBnQzO4/edit#gid=534293187)
17. [http://www.diabeteseducator.org/patient-resources](http://www.diabeteseducator.org/patient-resources)
19. [https://beyondtype2.org/diabetes-management/](https://beyondtype2.org/diabetes-management/)
23. [https://collegediabetesnetwork.org/resource-hub](https://collegediabetesnetwork.org/resource-hub)
28. [https://diabetesisters.org/](https://diabetesisters.org/)