

Feltmum

With thanks to Aboriginal and Cultural Diversity Program Team - Diabetes Victoria

Feltman was originally made for talking about type 2 diabetes. Despite the popularity and success of Feltman, community feedback and program evaluation indicated that Feltman did not adequately address diabetes in pregnancy, and in particular gestational diabetes. Diabetes Victoria and the Victorian Aboriginal Community Controlled Health Organisation (VACCHO) decided it was time to update Feltman, and work on the Feltmum diabetes in pregnancy add-on was begun in late 2013.

Feltmum is designed to be used with the existing Feltman kit. It will assist health workers to provide diabetes education about the management of type 1, type 2 and gestational diabetes in pregnancy. Feltmum can also be used to explain how to reduce the risk of developing gestational diabetes and type 2 diabetes. An expert working group including diabetes educators, midwives, dietitians and Aboriginal health workers was established to steer the development of the project, and consultation with Aboriginal health workers and midwives was undertaken to ensure cultural appropriateness.

The Feltmum kit includes the additional felt components, picture cards to facilitate discussion, a key messages hand out and an instructional video.



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