

Diabetes Core Curriculum Workshop

presented by: Pro Health Consulting

Participant Objectives – Version 34, October 11-14, 2010

DISEASE PROCESS

1. Provide a clinical definition of diabetes
2. List four differences between Type 1 & Type 2 Diabetes Mellitus
3. State three common presenting symptoms of Diabetes Mellitus

SELF MANAGEMENT EDUCATION

1. Name three factors to be considered when designing a patient education program
2. Identify four characteristics of the adult learner
3. Recognize the components of a measurable behavioral objective
4. Recall four effective teaching strategies

ACUTE and MICROVASCULAR COMPLICATIONS

1. Discuss the importance of glycemic management in avoiding microvascular complications
2. State three strategies for prevention of DKA
3. Define HHS and identify the patient most at risk for this acute complication of diabetes
4. Identify timing for patient retinal exams for both Type 1 and Type 2 Diabetes Mellitus
5. State the drug of choice for the treatment of microalbuminuria in hypertensive patients with diabetes

MACROVASCULAR and NEUROPATHY

1. List five risk factors for heart disease
2. List three examples of autonomic neuropathy
3. List five teaching points for foot care

NUTRITION and EXERCISE

1. Explain the impact of protein, fat and carbohydrate on blood sugar management
2. List and describe three meal planning methods for a person with diabetes
3. List four benefits of exercise for a person with diabetes
4. Identify three exercise-related safety practices for a person with diabetes

MEDICATIONS

1. List three types of insulin and explain the start, peak and therapeutic length of action for each
2. Explain intensive therapy (multiple dose or insulin pump) vs. conventional therapy
3. List two medications that may increase insulin requirements
4. State the mechanism of action of three different classes of oral agents

MONITORING and MANAGEMENT

1. State the ADA target ranges for blood glucose monitoring values
2. List three factors affecting the accuracy of capillary blood glucose monitoring
3. State the rationale for preconception glucose management in women with diabetes who are planning pregnancy

PSYCHOSOCIAL ASSESSMENT and SUPPORT

1. List two psychological constructs as a framework for assessment and intervention
2. List two adverse coping patterns
3. Identify strategies for assessment of coping abilities
4. Discuss the impact of life stages and development on diabetes management