

PRO HEALTH CONSULTING / DIABETES CORE CURRICULUM WORKSHOP

COURSE PURPOSE AND PARTICIPANT OBJECTIVES

Purpose of this course:

This interactive course is designed for health care professionals. It will provide the latest information in areas of diabetes education and patient self-management techniques. It will help to increase your diabetes knowledge and application/analysis skills, so you will be better able to empower your clients to manage their diabetes.

At the completion of each session the participant will be able to:

DISEASE PROCESS

1. Provide a clinical definition of diabetes
2. Identify populations at risk for diabetes
3. Discuss diabetes testing and diagnostic criteria
4. Discuss diabetes pathophysiology in contrast to normal glucose metabolism
5. Describe differences between various types of diabetes
6. Identify a recommended approach to halting the diabetes epidemic

SELF MANAGEMENT EDUCATION

1. Identify multiple factors to consider when designing a diabetes patient education program
2. Discuss the teaching and learning process with emphasis on the adult learner
3. State effective teaching strategies to employ when working with different patient populations

MACROVASCULAR & NEUROPATHY

1. Discuss clinical ramifications of cardiovascular risk factors as they relate to diabetes
2. Discuss clinical classifications of diabetic neuropathy
3. Identify and discuss the neuropathic components of diabetic foot disease
4. Identify and discuss the components of the diabetic foot examination

MEDICATION

1. Compare and contrast the onset, peak and duration of action of rapid, regular and long acting insulin
2. List key educational teaching points when initiating insulin therapy
3. Discuss non-insulin injectible therapies that impact glucose metabolism
4. Compare and contrast the mechanism of action of insulin secretagogues versus insulin sensitizers
5. Discuss the symptoms, treatment and prevention of hypoglycemia
6. List key topics to cover when teaching a patient w/ diabetes about travel

NUTRITION AND EXERCISE

1. Discuss the Medical Nutrition Therapy process and goals for the patient with diabetes
2. Describe meal planning tools & factors to consider when developing a meal plan for a patient with diabetes
3. Discuss how exercise can benefit a person with diabetes
4. Formulate an individualized exercise plan taking into consideration exercise cautions, safety recommendations, food and medication issues for a person with diabetes

ACUTE & MICROVASCULAR

1. Discuss the importance of glycemic management in avoiding microvascular complications
2. Discuss pathophysiology, symptoms and treatment of acute hyperglycemic complications
3. Define the timing for visual assessments and strategies for prevention of diabetic retinopathy for people with Type 1 and Type 2 diabetes
4. State strategies for the detection, prevention and treatment of diabetes kidney disease

MONITORING and MANAGEMENT

1. State the ADA target ranges for capillary blood glucose monitoring
2. Define the various methods of monitoring in people with diabetes
3. List factors influencing diabetes control
4. Analyze and identify self monitoring of blood glucose patterns
5. Define the principles of sick day management in children with diabetes
6. State the rationale for preconception glucose mng't in women with diabetes who are planning pregnancy

PSYCHOSOCIAL

1. State the components of the self-management philosophy that impact self-care
2. List psychological constructs that frame emotional reactions to living with diabetes
3. Describe methods or theories that can be used as strategies for the assessment of coping ability
4. Discuss impact of transition crises, psychopathology and diabetes-specific psychosocial issues on diabetes self management