



Diabetes update

Outline

This Diabetes Update Day will provide nurses with an update on diabetes management strategies. This includes guidelines for blood glucose monitoring, an update on glucose lowering medications, tools and tips for nutrition and exercise advice, emergency responses for acute diabetes health issues and guidelines to prevent, delay and manage associated health issues.

Key learning outcomes

On completion participants will be better able to:

- Consolidate knowledge of diagnosis and pathophysiology of different types of diabetes and the implications for nursing management
- Identify the risk factors for developing diabetes, common signs and symptoms and the current diagnostic criteria
- Increase understanding of general nutritional and physical activity guidelines for health
- Increase understanding of cycle of care for diabetes management including pathology, diabetes team referrals and foot screening
- Identify the long term risks/complications of diabetes – micro + macrovascular, neurological
- Wound care management
- Identify and manage the acute issues associated with hyper + hypoglycaemia
- Review and promote safe use of oral and injectable medications
- Review and consolidate knowledge and skills of structured blood glucose monitoring and target ranges
- Consolidate knowledge and support care of person with diabetes having day procedures or dye based radiography

Date and location*

Friday 17 August – St Andrews Medical Centre
Level 3 321 South Terrace ADELAIDE

Fees

ACN members \$225 Non-members \$250

To register

www.acn.edu.au/cpd-courses

Presenter

Jayne Lehmann is Credentialed Diabetes Educator Registered Nurse based in South Australia and well known as a clinician, teacher, blogger, researcher, author, presenter, lecturer, mentor consultant and innovator focused on improving the care, education and self-management of people with diabetes.

As an active member of the Australian Diabetes Educators' Association, Jayne has influenced the outcomes of many ADEA committees, projects and publications guiding diabetes care in Australia. Jayne put together a very popular publication, The Australian Diabetes Educator Magazine/ Journal, for eight years. Recently she created diabetes coalface, to enable grassroots health care professionals to put evidence based practice into their diabetes care strategies (Go to www.edhealth.com.au and scroll to the bottom of the page to subscribe).

As inaugural Chair and now Member of the Membership Advisory Council of the Adelaide Primary Health Network, Jayne has a passion for primary health care and the development of networks to create smoother pathways for high quality healthcare. She is also a member of their Southern Clinical Council and Disability Health Priority Group and sits on a number of other Advisory groups on diabetes and disability care.

Jayne has a special interest in business planning for private practice and diabetes care in people with intellectual disability, having produced e-books on the subjects.

Jayne's broad skillset enables her to work in a variety of ways with a variety of partners, via a number of technologies to support and inspire others to provide quality diabetes care in all levels of health and community care.

Program*

8:30am	Overview of the different types of diabetes and overview of management
9:15am	Nutrition and Exercise basics – how to motivate for change
10:15am	Morning tea
10:45am	A structured approach to blood glucose monitoring and demonstration of meter use
11:15am	Medications for the management of diabetes - Glucose-lowering medicines (oral and injectable) - Insulin
1:15pm	Lunch
2:00pm	Managing diabetes in people with a wound – video
2:45pm	Diabetes emergencies – Hypoglycaemia, diabetic ketoacidosis, hyperosmolar hyperglycaemic state sick days
3:30-4pm	Implications for people with T1 or T2 diabetes of fasting, endoscopy, colonoscopy or preparing for dye based radiography

