

CPD FACE TO FACE: DIABETES UPDATE



This face-to-face session will provide information regarding up to date diabetes management strategies including guidelines for blood glucose monitoring, an update on glucose lowering medications, tools and tips for advice on nutrition and exercise, emergency responses for acute diabetes complications and guidelines for the management of chronic complications.

The session is conducted over one day and is equivalent to 7 continuing professional development (CPD) hours.

Who should attend?

Nursing staff and health care professional involved in the care of patients with diabetes.

Key learning outcomes

On completion participants will be better able to:

- Consolidate knowledge of diagnosis and pathophysiology of different types of Diabetes; and implications for management
- Identify the risk factors for diabetes, common signs and symptoms and 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 short term complications of diabetes – hyper + hypoglycaemia
- Review and promote safe use of oral and injectable medications
- Review and consolidate skills and knowledge of blood glucose monitoring and target ranges
- Consolidate knowledge and support care of patient with diabetes pre, peri and post operatively

Date and location*

28 May 2018 Dubbo

Fees

ACN members \$225

Non-members \$250

To register

www.acn.edu.au/diabetes-update-2018



Presenter name and short bio

Alison Amor, RN CDE

I work as a credentialed diabetes educator for Marathon Health. I provide both private diabetes education services in our Dubbo clinic and PHN funded outreach diabetes education services to Dunedoo, Coolah, Wellington, Gulgong and Peak Hill. Prior to my transition to Marathon Health in 2016 I worked as a practice nurse in a busy medical and allied health practice for ten years where I gained extensive chronic disease management experience. I played a fundamental role in the development and establishment of their chronic disease management program, from which I developed a keen interest in diabetes management. I completed my graduate certificate in diabetes through Curtin University, WA and became a credentialed diabetes educator in 2017. I am enthusiastic about the use of technology to support diabetes self-management including continuous glucose monitoring (CGM) and insulin pump therapy, and am now a certified pump trainer (CPT) for Medtronic. I have also been active in the development and implementation of our Marathon Health 'Type 2 and You' diabetes group education program for adults newly diagnosed with type 2 diabetes, or living with type 2 diabetes who demonstrate a knowledge deficit. I live with my husband and three children in Dubbo, and in my down time enjoy bike riding, yoga and gardening.

Program*

8:30am	Overview of the different types of diabetes and their 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
11:15am	Medications for the management of diabetes - Glucose-lowering medicines (oral and injectable) - Insulin
12:30pm	Lunch
1:15pm	Annual cycle of care, management and prevent of micro and macro vascular complications - Video on foot screening - Referrals
2:00pm	Managing diabetes in people with a wound - video
2:45pm	Diabetes emergencies – hypoglycaemia, DKA, HHS, sick days
3:30pm	Implications for people with T1 or T2 diabetes of fasting, endoscopy, colonoscopy or preparing for dye based radiography
4:00pm	Close

*This program, date and location are subject to change.