



# 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 people living 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 and organ diseases
- 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 August 2018

Osprey room, Goodearth Hotel, 195 Adelaide Terrace, Perth WA 6000

## Fees

ACN members \$225

Non-members \$250

## To register

[www.acn.edu.au/cpd-courses](http://www.acn.edu.au/cpd-courses)

## Presenter: Cliff Mason

I graduated as a registered nurse in 1990 with a keen interest in making a difference to peoples' health care. I worked in general medical and surgical areas and particularly enjoyed surgical ICU. It was in this capacity that I saw an increasing number of people with diabetes who were presenting serious health issues that significantly compromised their health and quality of life. I went back to uni in 1996 to gain post-graduate qualifications in Diabetes Self-Management Education and have worked in this specialist area of nursing since then. Since gaining Credentialed status in 1999 I've worked on many community projects in Melbourne, Perth and Queensland establishing and contributing to new programs. In 2006 I did further study in Chronic Disease management. I really enjoy working with, inspiring and supporting people to gain confidence in managing their health care.

## Presenter: Ivone Tatham

I completed a Diploma in General Nursing in 1980 in Zimbabwe and worked in the Emergency Department as an SRN prior to getting married in 1981 and moving to a farming area. Becoming a nurse was always a vocation for me and to this day I remain committed to my patients' healthcare and well-being through support and encouraging self-management. My experience within our farming community included School Nurse, Ambulance/paramedic, baby clinic and doctor's clinic.

After immigrating to Perth in 2003, I realised the ever increasing numbers of people being diagnosed with diabetes not only in Australia but around the world. I decided then to pursue a career in diabetes education so I could make a difference and still continue to fulfil my passion for "helping" people.

I completed a Post Grad Certificate in Diabetes Education through Curtin University in 2006 and set about cementing my road in this direction. I became Credentialed in 2011, a status that I have continued to uphold on an annual basis as set out by our organisation ADEA. I have since advanced from working as a Clinical Nurse on a busy Acute Medical Ward to managing the Gestational Diabetes Clinic once a week to present day Clinical Nurse Consultant managing the diabetes department in a private hospital. To add to my portfolio and to make a difference with the management and safety of medications within the organisation I work in, I agreed to be the Standard Lead for Medication Safety and am involved with many quality programs.

## 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
12:30pm	Lunch
1:15pm	Annual cycle of care, management and prevention of micro and macro vascular complications
2:00pm	Principles of effect of abnormal glucose as one component in the wound healing process including the diabetic foot ulcer
2:45pm	Diabetes emergencies – hypoglycaemia, DKA, HHS and managing sick days
3:30pm	Implications for people with T1 or T2 diabetes of fasting, endoscopy, colonoscopy, surgery or preparing for dye based radiography
4:00pm	Where to get more information
4:15pm	Summary and support

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