

# Practical Skills in the Management of People with Diabetes

This course aims to provide nurses and midwives with understanding, knowledge and confidence when delivering care to individuals with diabetes. It offers a practical approach to diabetes, whether based in the hospital or community setting. Many theoretical aspects of diabetes are covered such as; the different types of diabetes, national and international guidelines, how to offer lifestyle advice to patients, treatment options, and understanding blood results, as well as dealing with complications in diabetes.

Continuing professional development through this education programme promotes excellence amongst nurses and midwives who provide care to the patient with diabetes, informed by current best practice and practice-based learning.

## Outline of Day

*Note: Category 1 Approved by Nursing and Midwifery Board of Ireland (NMBI)*

09.45	Registration
10.00	General Overview of Diabetes: Classification, Diagnosis, Risk Factors, Signs and Symptoms
10.45	Diet and Exercise: The Cornerstones of Diabetes Treatment
11.30	Tea / Coffee
11.45	Blood Glucose Monitoring: Interactive Workshop
12.30	Advice for Day to Day Living with Diabetes: Insurance, Driving, Services.
13.00	Lunch
13.45	Understanding Blood Results in Diabetes: National and International Guidelines
14.30	Interactive Workshop on Treatment Options in Diabetes
15.15	Understanding the Complications of Diabetes and Dealing with Diabetic Emergencies
15.50	Evaluation
16.00	Close

## Aims and Objectives

- To provide nurses and midwives with the understanding, knowledge and confidence in delivering care to individuals with diabetes which will in turn increase the number of people who live well with diabetes and effectively manage their disease to prevent, or delay complications and improve quality of life.
- To provide a summary of diabetes – classification, diagnosis, signs and symptoms.
- To increase awareness and knowledge of diabetes, its risk factors, and effective strategies for preventing complications associated with diabetes.
- To discuss and understand current guidelines on lifestyle management for diabetes.
- To provide best practice for the individual with diabetes.