

'Introduction to diabetes' for health professionals working in country South Australia

Facilitated by Diabetes Outreach, Country Health SA

The course includes seven audioconferences offered on a weekly basis by telephone. The audioconferences are based on set diabetes readings and activities. Sessions are run in an interactive way and presented by experienced health professionals. Participants can come from a variety of locations and disciplines such as nursing, dietetics and podiatry. The course is facilitated and coordinated by a credentialed diabetes educator from Diabetes Outreach. We usually enrol between 10 and 15 participants in the course.

The aims of the 'Introduction to diabetes' course are to provide a basic knowledge and understanding of:

- > the different types of diabetes and what impact this has on management
- > the major food groups and how they relate to diabetes management principles
- > the main medications used in type 2 diabetes
- > the different types of insulin and the types of regimes used in type 1 and type 2 diabetes
- > the types of acute complications that can occur and how appropriate action plans can be developed
- > the benefits and principles of blood glucose monitoring and exercise
- > the macro and microvascular complications of diabetes and the strategies for reducing risk for people.

What is audioconferencing?

Audioconferencing is the linking of individuals using the telephone. The audioconference is organised by Diabetes Outreach with participants covering their own line costs (standard STD rates apply for rural areas).

What are the expectations of the course?

Each session is based around pre reading and activities. The pre reading material will be made accessible through the Diabetes Outreach website. You will have 2 weeks to prepare for each session. Some of the activities will need to be done prior to the session whilst others can be completed after the session. To pass the course you need to attend at least 5 of the 7 sessions and submit activities for each session. The material from the set readings is used as a platform for discussions during the audioconference. A certificate of completion is provided once participants fulfil these expectations.

When is it held?

Tuesday 1st May	1845 – 2000 Hrs
Tuesday 15 th May	1845 – 2000 Hrs
Tuesday 29 th May	1845 – 2000 Hrs
Tuesday 12 th June	1845 – 2000 Hrs
Tuesday 26 th June	1845 – 2000 Hrs
Tuesday 10th July	1845 – 2000 Hrs
Tuesday 24th July	1845 – 2000 Hrs

2012 Introduction to diabetes course for health professionals

Registration form

Please book early to avoid disappointment.

Given Name _____

Preferred Name _____

Surname _____

Telephone (Mobile) _____ (Wk) _____

Email _____

Profession _____

Current Position _____

Employer _____

Address _____

Optional questions (Note: your answers will assist with facilitation)

1. Have you completed any diabetes courses in the past? If yes, please state.

2. Why would you like to participate in the 'Introduction to diabetes' course?

3. What does your current role entail?

Return completed form to

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