

IMPACT

DIABETES

Innovative Management Practices and Comprehensive Treatments for Diabetes

Course Description: The IMPaCT Diabetes training programme is designed for healthcare professionals seeking to enhance their expertise in diabetes management. This intensive 12-week programme, includes prior learning followed by six in-person interactive sessions, covers essential topics for advanced understanding and treatment of diabetes, ensuring participants are well-equipped to deliver high-quality patient care. The programme offers three distinct pathways:

- **Pathway 1: Includes Sessions 1, 2, 3, & 6**, for attendees who wish only to complete the introductory sessions and sessions on therapeutic options but do not wish to initiate insulin or GLP-1/GIP therapies.
- **Pathway 2: Includes Sessions 1, 2, 3, 4, 5, & 6** for attendees who want the comprehensive training package, which includes titration and initiation of insulin and GLP-1/GIP therapies.
- **Pathway 3: Includes sessions 1*, 4, 5 & 6** for attendees who have already completed pathway 1 or have prior learning & competence in both pharmacological and non pharmacological therapeutic management of diabetes and wish to proceed to initiate and titrate injectable therapies.

*For **Pathway 3** we recommend that all learners attend session 1 as an update of anatomy & physiology and the latest guidance on diagnosis and management however this is not compulsory.

All sessions in the chosen pathway must be completed to receive a certificate of attendance. If any session is missed, the attendee must join the next course run within 18 months or restart the training to stay updated with the latest clinical practices in diabetes care. (QR code to the online booking form can be found at the end of this course outline).

Target Audience: This programme is ideal for all healthcare professionals, including nurses, and allied health professionals, who are involved in the care of patients with diabetes and are looking to advance their knowledge and clinical skills in diabetes management.

**Nursing associates may only attend Pathway one

Prior Learning Requirements: Before attending the six interactive sessions of the IMPaCT Diabetes Training Programme, participants must complete mandatory preparatory learning. The mandatory reading includes the current NICE guidelines and the 2022 ADA/EASD Consensus Report, providing essential information to be utilised and expanded upon during the interactive sessions. Additional recommended readings or eLearning modules will be suggested as supplementary resources, to be completed at the discretion of individual attendees. It is anticipated that the mandatory prior learning for each session will require an average of 2-3 hours of study time.



COURSE CONTENT

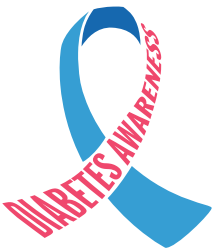
- ✦ **Anatomy and Physiology** - Refresh your knowledge of the endocrine system and glucose metabolism.
- ✦ **Diabetes Explained** - Differentiate diabetes types, clinical presentations, symptoms, and risk factors.
- ✦ **Diagnosis and Management** - Apply current diagnostic criteria and develop individualised management plans.
- ✦ **Legacy Effect** - Understand the long-term benefits of early intensive diabetes management.
- ✦ **Clinical Inertia** - Identify barriers to optimal management and strategies to overcome them.
- ✦ **Diabetes Complications** - Manage complications comprehensively from "top to toe."
- ✦ **Health Coaching** - Implement techniques to support behavioural change and patient self-management.
- ✦ **Guidelines and Research** - Critically evaluate and apply current guidelines and research to ensure evidence based practice.
- ✦ **Therapeutic Options** - Explore pharmaceutical and non-pharmaceutical treatments, including: Lifestyle, diet and weight management, Oral medications and GLP-1/GIP therapies, Complementary cardiovascular medications and Insulin therapy
- ✦ **GLP-1/GIP and Insulin Titration & Initiation** - Learn protocols for safe initiation and titration of GLP-1/GIP receptor agonists and insulin.
- ✦ **Safety Concerns** - Identify and manage potential safety issues with diabetes treatments.
- ✦ **Quality Improvement Initiatives** - Learn about the PARM Tool, diabetes recovery initiatives, audits, and other quality improvement strategies. Additionally, learners will complete their own quality improvement initiatives, applying these tools and insights to develop and present projects that drive advancements in diabetes management.

Learning Outcomes: By the end of the programme, participants will have a comprehensive understanding of advanced diabetes management, including diagnosing and managing different types of diabetes, addressing clinical inertia, managing complications, and implementing effective health coaching. They will be proficient in the latest guidelines and evidence-based practices, skilled in pharmaceutical and non-pharmaceutical therapies, and capable of safely initiating and titrating GLP-1 receptor agonists and insulin, ensuring the delivery of proactive, evidence-based, and impactful patient care.



SESSION BREAKDOWN

IMPACT
DIABETES



SESSION 1 - WEEK ONE

DIABETES AND ITS COMPLICATIONS

This session covers anatomy & physiology, presentation, risk factors, diagnosis, and types of diabetes, along with the legacy effect and clinical inertia. It then addresses diabetes complications from 'head to toe', including vision, oral health, cardiovascular, renal, gastrointestinal, and peripheral arterial issues.



SESSION 2 - WEEK THREE

THERAPEUTIC OPTIONS - PART 1

This session covers non-pharmacological strategies for diabetes management, including health coaching, lifestyle interventions (alcohol, smoking, sleep, activity), diet and weight management. The session also addresses mental health, socioeconomic factors, and immunisations, using case studies to apply theoretical knowledge to real-world patient care.



SESSION 3 - WEEK SIX

THERAPEUTIC OPTIONS - PART 2

This session covers in-depth pharmacotherapy for diabetes, including current medications such as Metformin, SGLT2 inhibitors, GLP1/GIP agonists, and Insulin, focusing on their use, indications, precautions, and monitoring. Participants will also engage in practical case studies and develop quality improvement initiatives to enhance diabetes care.



SESSION 4 - WEEK NINE

INSULIN

This session covers the types and profiles of insulin, safety considerations, and practical aspects of insulin titration. Participants will also learn about managing hypoglycaemia, sick day rules, driving, lipohypertrophy, comorbidities, polypharmacy, frailty, and retinopathy, with practical case studies to apply this knowledge effectively.



SESSION 5 - WEEK TWELVE

INJECTABLE THERAPY INITIATION

This session covers the initiation of GLP-1 and GIP therapies and insulin, focusing on indications, dosage, monitoring, and troubleshooting, with practical hands-on sessions. Participants will gain essential skills to manage injectable diabetes therapies effectively, enhancing patient care and outcomes.



SESSION 6 - SIX MONTHS

QUALITY IMPROVEMENT

This session allows learners to present their quality improvement initiatives, explore local health resources, and delve into troubleshooting challenging diabetes management scenarios. The session provides opportunities to discuss patient profiles and share insights.

SCAN THE QR CODE OR CLICK THE LINK TO COMPLETE THE ONLINE BOOKING FORM AND JOIN US FOR THE IMPACT DIABETES TRAINING PROGRAMME TO ENHANCE YOUR EXPERTISE AND MAKE A SIGNIFICANT IMPACT ON THE LIVES OF INDIVIDUALS LIVING WITH DIABETES.

