**Beginners Guide to Diabetes**

“Due to the increasing prevalence of diabetes and the high risk of long-term health complications caused by diabetes, it is more important than ever that there be a whole team approach to diabetes care. As a health care professional whether directly or indirectly working with diabetes patients, you are likely to encounter people living with diabetes daily in your role in health care. Therefore, it is important to be well-informed on all aspects of diabetes and equipped with sufficient knowledge to better support people living with diabetes.”

World Health Organisation 2022

This course is intended for both registered and non-registered health care workers in primary care. It is designed to give a foundational knowledge of diabetes for all clinicians and is set at an introductory level. The training comprises of prior learning followed by an interactive session (virtual or in person). Additionally, those whose job role requires the ability for diabetes foot screening can attend training delivered by podiatry seperate to this course.

**Intended learning outcomes**:

* Explain and discuss what is diabetes.
* Identify and discuss the types of diabetes, their presentations, and complications.
* Apply knowledge of how diabetes is diagnosed and managed.
* Gain a basic understanding of diabetes medications and their mode of actions.
* Have an awareness of how treatment options are chosen.
* Understand the importance of annual review to support self-management for people with diabetes.
* Understand how person-centred consultations support self-care for people with diabetes.
* Have knowledge of the care a person with diabetes should expect, on diagnosis, regularly and if they need it.
* Understand what comprises a diabetes annual review and why.
* Gain knowledge of the lifestyle advice to give and support available for people with diabetes.
* Work through case scenarios and apply knowledge to determine how diabetes cases might be managed in primary care.

The Beginners Guide to Diabetes course is delivered in four parts:

**Part 1** Mandatory pre work – Diabetes UK (details below) **90mins**

**Part 2** Interactive session **½ day**

**Part 3** Interactive session **½ day**

**Part 4** Interactive session **½ day**

**Part 5** Diabetic foot training (optional) **½ day**

**Part 1 - Prior Learning**

This is an essential part of the training which provides a foundation of knowledge you will be then able to build upon in the interactive sessions. It is your responsibility to ensure that the pre-work has been satisfactorily completed.

Learners will need to register with **Diabetes UK** and then complete the introductory level **‘Understanding Diabetes’** module which takes approx. 90mins to complete. This module is aimed at non-specialist healthcare professionals, and will provide an overview of diabetes, increasing knowledge and skills, to effectively support people with or at risk of diabetes.

When registering, the list of professions is very limited, so we’d suggest you select the best fit (perhaps Diabetes facilitator). The diabetes UK eLearning can be accessed via the following link <https://cpd.diabetes.org.uk/>

**Part 2, 3 & 4 - Interactive Sessions**

The three interactive sessions explore and build upon the content covered in the prior learning and cover all of the intended learning outcomes listed. Attendees will be expected to participate in quizzes, case study and scenario discussions with peers. If attending a virtual session, it is essential attendees have their own device with a working microphone and video functionality (please contact us via email with any concerns).

**Part 5 – Diabetes Foot Screening**

Healthcare workers whose roles require them to be able to conduct diabetes foot screening should attend training provided by the Cornwall Podiatry Team. More information on these sessions can be found on the Cornwall Primary Care Training Hub via the following link [Diabetic Foot Training](https://www.kernowhealthcic.org.uk/cornwall-training-hub/courses/).

**If you have any questions regarding this training, please contact us via the following email** [kernowhealthcic.workforce@nhs.net](mailto:kernowhealthcic.workforce@nhs.net)