

# A Beginner's 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.*

This course is intended for **both registered and non-registered** staff working in primary care. It is designed to give a foundational knowledge of diabetes for all clinicians and is set at an **introductory level**.

This course is delivered remotely via MS TEAMS in five parts:

- Part 1** Mandatory pre work – CDEP (details below)
- Part 2** Virtual session - Focuses on clinical aspects of diabetes
- Parts 3 & 4** Virtual session - Focuses on a person-centred approach to the diabetes annual review
- Part 5** Diabetic foot training (optional dependent on role requirement - book separately via the website)

*By the end of the training (Parts 1-4) you should be able to:*

- 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.
- 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 15 healthcare essentials and why they are important.
- Understand what comprises a diabetes annual review
- Work through case scenarios and apply knowledge to determine how diabetes cases might be managed in primary care.

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## PRE-WORK

This is an essential part of the training and provides the core knowledge you will need for the virtual sessions. You will be expected to draw on this learning during Parts 2, 3 and 4. It is your responsibility to ensure the pre-work is completed. We have purchased a licence for staff to access the [CDEP \(Competency in Diabetes Education Programme\)](#) platform. You must complete the following CDEP modules:

**What is Diabetes** -Covers the basics of diabetes, different types, risk factors, complications and the impact of diabetes on daily life. (Approx. 1–2 hours)

**Delivering the Diabetes Care Processes** - Covers the practical elements of diabetes care processes, including measurements, monitoring, foot checks and referral pathways. (Approx. 1 hour).

These modules adapt to your registered level on CDEP (Core, Intermediate, Specialist or Expert) and provide certificates and reflection documents on completion.

**How to Register** - There is a step-by-step flyer showing you how to register and access the CDEP licence. Please follow the flyer instructions carefully to activate your account and enrol.

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## 3 x INTERACTIVE VIRTUAL SESSIONS (approx. 3.5 hours)

These sessions explore and build upon the content covered in the pre-work. You will be expected to participate in a variety of interactive activities during the session, so you **MUST** have a working microphone and video functionality. You must also access the session on an individual device so that you can participate in break-out rooms.