



Foundation Course in Diabetes Care and Management

Course Information

This course is for you if: -

You are a Health Care Professional who comes into contact with people with Diabetes during the course of your work and you would like to increase your knowledge, skills and confidence to provide safe diabetes care. If you need a “basics up” approach to study diabetes, but don't want to do commit to doing lots of course-work or assignments towards gaining academic credits for a diploma or degree. If you want to be inspired to enjoy providing diabetes care.

Learning Outcomes:

By the end of the two days you should feel more competent because: -

- You will be able to explain the signs and symptoms, causes and risk factors for Type 1 and Type 2 diabetes and how it is diagnosed.
- You will be able to identify those at risk of developing Type 2 diabetes by gaining understanding of the Metabolic Syndrome.
- You will gain insight into the links between Type 2 diabetes and cardio-vascular disease and relate the importance of cholesterol and blood pressure management.
- You will be able to discuss diabetes in simple terms with your patients to promote their understanding of why it happens and what lifestyle factors are important to address.
- You will gain understanding to the medications used for managing diabetes to assist blood glucose control as well as Blood Pressure and cholesterol.
- You will be able to describe the “15 Healthcare Essentials for diabetes” to help your patients understand what level of care they should expect.
- You will be able to sensitively explain the potential long-term effects of poorly controlled diabetes, and the tests, checks and assessments required to monitor for these complications.
- You will learn how to use some motivational and health coaching techniques to support lifestyle behaviour change, helping the person with diabetes to self-manage and set personal goals to reduce their health risks.
- You will be able to recognise a diabetes emergency and know what to do and learn how to manage diabetes when the person is ill.

Outline of Content

- An interactive style of teaching is used facilitating learning rather than lecturing, so be prepared to participate with some practical sessions too.
- This is your chance to ask as many questions as you must get answers in a non-judgemental, safe environment.
- Some case studies will be used to share and apply learning to develop your skills in the important aspects of diabetes care.

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