

Diabetes Awareness

A half day course

Diabetes is a chronic and progressive disease which impacts on virtually every aspect of the life of a sufferer. It is the leading cause of renal failure and blindness in people of working age in the UK and the second commonest cause of lower limb amputation. Life expectancy is reduced by at least fifteen years for someone with Type 1 diabetes. In Type 2 diabetes - preventable in two thirds of people who have it, life expectancy is reduced by up to 10 years.

There are 3 million people diagnosed with diabetes in the UK and an estimated 850,000 people who have the condition, but don't know it.

Who is it for? This course can be tailored to the needs of the particular professional group and is generally delivered in the care environment

Timetable (may be subject to amendment depending on group need)

Session 1 General introduction to subject of Diabetes
Prevalence of the disease
Normal mechanisms of blood glucose control
What happens in Diabetes
Causes and Risk factors for Diabetes
Types of Diabetes

Session 2 Short term complications of the disease
Hypoglycaemia (Low blood sugar) and its treatment
Hyperglycaemia (Ketoacidosis and Hyperosmolar Syndrome)
Long term complications including Kidney disease, Eye Disease, Nerve Disease and Heart Disease
Glucose Monitoring, Diet and Medication
Ten Commandments for Diabetes!

Learning Outcomes

On completion of this course, participants will be able to:

- Understand the nature of Diabetes and its different presentations
- Understand the essential signs and symptoms of Diabetes
- Understand the various complications that may occur as a result of Diabetes
- Understand the major forms of treatment intervention
- Understand the major sources of help and support