

DIABETES AWARENESS

COURSE CONTENT OVERVIEW



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HIGH SPEED™
TRAINING

This Diabetes Awareness training course gives you all the knowledge you need to help and support someone with diabetes. It explains the types of diabetes, what causes them, and how they can be managed as part of daily life. It also details common short and long term risks and how to prevent them.

Module One: Introduction to Diabetes

This module offers an introduction to diabetes by explaining its types and its common symptoms.

- Defining diabetes
- Type 1 diabetes
- Type 2 diabetes
- Gestational diabetes
- Symptoms

Module Two: Short Term Complications

This module explains some common short term risks for people with diabetes and how to recognise and prevent them.

- Hypoglycemia
- Hyperglycemia
- Diabetic ketoacidosis
- Hyperosmolar hyperglycemic state

Module Three: Long Term Complications

This module covers common long term risks and how to recognise and prevent them.

- Cardiovascular disease
- Nephropathy
- Retinopathy
- Neuropathy

Module Four: Types of Treatment: Insulin & Medication

This module details how different types of insulin and medication can be used to manage diabetes, as well as the problems that can come from doing so.

- Aims of medication
- Treatments for type 1
- Treatments for type 2
- Glucose monitoring
- Finger-pricking
- Flash glucose monitors
- Insulin
- Administering insulin
- Types of medication
- The honeymoon period
- Primary and secondary failure

Module Five: Types of Treatment: Diet & Exercise

This module outlines how diet and exercise can be used to manage diabetes, and offers some guidelines for doing so.

- Eating well
- Carbohydrate counting
- Glycaemic Index
- Keeping fit

Module Six: Managing Everyday Life

This module explains how diabetes impacts everyday life and certain alterations that need to be made.

- Driving
- Pregnancy
- Sex life
- Emotional impact
- Illness

Aims of the Training

By the end of this course, you will understand:

- The different types of diabetes, how they are caused, and their common symptoms.
- The long-term complications of diabetes and how to prevent them.
- The short-term risks of diabetes and how to prevent and treat them.
- General recommended targets for blood glucose levels and blood pressure.
- The importance of blood glucose monitoring.
- The various forms of treatment for diabetes, including insulin, medication, diet, and exercise.
- How to manage diet by counting carbohydrates and referring to foods' glycaemic index (GI).
- How diabetes impacts on a person's day-to-day life, including driving, pregnancy, sex life, and their emotional wellbeing.