

COURSE CONTENT OVERVIEW

Diabetes Awareness & Management



This Diabetes Awareness & Management Course provides a comprehensive overview of diabetes, explaining what it is, how it affects blood glucose levels and how it can be effectively managed in everyday life. It explores the different types of diabetes, their symptoms and causes and the practical aspects of living with the condition. The course also covers healthy eating, treatment options and the short- and long-term complications of diabetes. By taking this training, you will gain in-depth knowledge of diabetes and be confident in offering help and support.

Module 1: 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
- Less common types of diabetes
- Symptoms of diabetes

Module 2: Managing Everyday Life

For people with diabetes there are certain situations that may need extra planning and care. This module will help people with diabetes to manage these everyday challenges safely and confidently.

- Driving
- Pregnancy
- Emotional impact
- Illness
- Diabetes annual review
- Diabetes and benefits

Module 3: Diet and 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 4: 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
- Treatment changes

Module 5: Short-Term Complications

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

- Hypoglycemia
- Hyperglycemia
- Diabetic ketoacidosis
- Hyperosmolar hyperglycemic state

Module 6: Long-Term Complications

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

- Cardiovascular disease
- Nephropathy
- Retinopathy
- Neuropathy
- Teeth, gum and mouth problems

Aims of the training

By the end of this course learners will:

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