

Program Agenda and Module Learning Objectives

Diabetes Intensive Training 2021

The Learner will be able to:....

Module 1 Diabetes Overview; Pathophysiology and Diagnosis (3)

Objective 1: Differentiate the classifications of diabetes.

Objective 2: List four different criteria for diagnosis of diabetes or prediabetes

Objective 3: Identify Diabetic Ketoacidosis and recommended treatment.

Objective 4: Compare inpatient diabetes guidelines glycemic goals versus outpatient goals

Module 2 Non-insulin Interventions (3)

Objective 1: Identify key points when counseling individuals on physical activity recommendations.

Objective 2: Classify weight status in individuals based on calculated BMI results.

Objective 3: Define classes of non-insulin diabetes medications and demonstrate knowledge of action and clinical use including soft stops and contraindications.

Objective 4: Choose next steps based on compelling medical indications.

Module 3 Insulin (3)

Objective 1: Correctly identify the insulin by onset, peak and action

Objective 2: Describe criteria for starting insulin and appropriate follow up and referrals using standard care guidelines.

Objective 3: Apply insulin and non-insulin dose adjustment principles using a case study approach.

Module 4 Comprehensive Exam and Referrals (2.5)

Objective 1: Describe at least five elements of a detailed medical history

Objective 2: Name six physical examination components of a comprehensive diabetes evaluation.

Objective 3: Describe five recommended laboratory tests included in the diabetes comprehensive examination and the recommended target goals.

Objective 4: Identify when to refer to specialist for co-morbidities of diabetes.

Module 5 Hypoglycemia and Hyperglycemia (2.5)

SECTION 1

Objective 1: Describe the physiology of hypoglycemia through the counter regulatory pathway.

Objective 2: List 5 appropriate treatments in the setting of hypoglycemia.

Objective 3: Define hypoglycemia unawareness and prevention strategies.

Section 2

Objective 4: Identify the steroid effect on blood glucose, including carbohydrate metabolism and time course of effect and identify treatment strategies for glycemic control.

Objective 5: Implement hyperglycemia treatment plans based on bolus, continuous or nocturnal tube feeding plans.

Objective 6: Identify diabetes therapy that should be held for procedures and basic hospital management principles.

Module 6 Hypertension/Renal Disease (2.5)

Objective 1: Define hypertension and treatment goals in people with diabetes with and without complications.

Objective 2: Demonstrate a step by step approach for management of hypertension in people with diabetes.

Objective 3: Define the criteria used in staging renal disease in a person with diabetes using more than one method.

Objective 4: Select the appropriate diabetes medication in end stage renal disease and rationale for medication choice.

Module 7 Metabolic Syndrome/Nutrition/Obesity (2.5)

Objective 1: Define obesity and understand the significant health concerns associated with obesity.

Objective 2: Define insulin resistance syndrome.

Objective 3: Describe dietary interventions for weight loss.

Objective 4: Differentiate types of weight loss expected with (bariatric) surgery.

Objective 5: Define weight loss medications types and when to use pharmacotherapy for weight loss.

Module 8 Hyperlipidemia (2.5)

Objective 1: Describe the atherogenic components of diabetes dyslipidemia

Objective 2: Identify American Diabetes Association recommendations for lipid lowering therapy

Objective 3: Demonstrate a step-by-step approach to treating hyperlipidemia in patients with diabetes.

Objective 4: Assess the risk and benefits of statin therapy and role of non-statin therapies in cardiovascular risk reduction in diabetes.

Module 9 Neuropathy (2.5)

Objective 1: Differentiate diabetes peripheral neuropathy from autonomic neuropathy.

Objective 2: Match signs and symptoms of both peripheral and autonomic neuropathy in diabetes.

Objective 3: Devise a management and follow up plan for diabetes peripheral neuropathy in an individual with diabetes.

Module 10 Gestational Diabetes and Diabetes in Pregnancy (2.5)

Objective 1: verbalize the assessment, evaluation and management recommendations for a pregnant woman with diabetes whether gestational, type 1 or type 2 diabetes.

Objective 2: Identify screening and diagnosis criteria for gestational diabetes.

Objective 3: Evaluate and identify commonly used medications in diabetes management approved or contraindicated in pregnancy.

Objective 4: Apply goals and monitoring recommendations for diabetes in pregnancy.

Module 11 Intensive Insulin Therapy and Technology (3)

Objective 1: Identify criteria for helping to determine starting multiple daily injection or insulin pump therapy.

Objective 2: Demonstrate dose adjustment of long acting basal and rapid prandial insulin when using a multiple daily injection program.

Objective 3: Demonstrate adjustment of basal rates and pre-prandial boluses for individuals with diabetes on insulin pump therapy.

Objective 4: Calculate carbohydrate to insulin ration and insulin sensitivity for individuals using either intensive insulin therapy.

Objective 5: Make adjustment recommendations based on effects of exercise on insulin needs and sick day management plans for patient on intensive insulin therapy.

Module 12 Behavioral Modification and Diabetes Education (2.5)

Objective 1: Identify when to refer an individual to diabetes self-management education.

Objective 2: Identify key points to consider when implementing strategies with an individual to promote behavioral modification

Objective 3: Recognize the major tenets of comprehensive diabetes self-management education and how they are applied