

**A Beginner’s Guide to Diabetes**

*Due to the increasing prevalence of diabetes and the high risk of long-term health complications caused by diabetes, it is more important than ever that there be a whole team approach to diabetes care. As a health care professional whether directly or indirectly working with diabetes patients, you are likely to encounter people living with diabetes daily in your role in health care. Therefore, it is important to be well-informed on all aspects of diabetes and equipped with sufficient knowledge to better support people living with diabetes.Bottom of Form*

This course is intended for both registered and non-registered staff working in primary care. It is designed to give a foundational knowledge of diabetes for all clinicians and is set at an introductory level.

This course is delivered remotely via MS TEAMS in four parts:

**Part 1**   Mandatory pre work – Cambridge Diabetes Education Programme (details below)

**Part 2**  Virtual session - Focuses on clinical aspects of diabetes and annual review

**Part 3**  Virtual session - Focuses on developing a person-centred approach to the annual review consultation

**Part 4** Diabetic foot training (optional dependent on role requirement - book separately via the website)

By the end of the training (Parts 1-3) you should be able to:

* Explain and discuss what is diabetes
* Name and identify the types of diabetes, their possible presentations and management
* Understand the importance of annual review to support self-management for people with diabetes
* Understand how annual review can help prevent complications for people with diabetes
* Understand how person-centred consultations support self-care for people with diabetes
* Work through case scenarios and apply knowledge to determine how diabetes cases might be managed in primary care.
* During simulated reviews use the 15 healthcare essentials to deliver person-centred diabetes care.

**PRE-WORK**

This is an essential part of the training which provides the required knowledge of diabetes set at the level to which you are currently working. You will be expected to draw upon this knowledge in the virtual sessions. It is your responsibility to ensure that the pre-work has been satisfactorily completed.

Please click on the following link to access the [Cambridge Diabetes Education Programme](https://www.cdep.org.uk/account-sign-in.htm)

Graphical user interface

Description automatically generatedYou should complete – **Topic – What is Diabetes** (2hours)

This topic broadly covers all aspects of diabetes managements as a great introduction to diabetes.

*CDEP is free to access, we recommend the above topic as a minimum prior to the virtual sessions but other modules can be accessed based on personal need and preference.*

**INTERACTIVE VIRTUAL SESSIONS** (approx. 3.5 hours)

These sessions explore and build upon the content covered in the pre-work. You will be expected to participate in a variety of interactive activities during the session, so you **MUST** have a working microphone and video functionality. You must also access the session on an individual device so that you can participate in break-out rooms.