

Learning objectives



On completion of the course **Diabetes in Practice: Podiatry** the learner will be able to:

Module 1: Introduction

- Recognise why it is important to follow this training on diabetes.
- Recognise that diabetes is a significant health problem in Australia.
- Recognise the link between diabetes and foot care.

Module 2: What is diabetes

- Describe what diabetes is and what the two underlying problems are.
- Describe normal glucose metabolism.
- Name the three main types of diabetes.
- Describe the key features of type 1 diabetes, including the prevalence, cause, presentation and management.
- Describe the key features of type 2 diabetes, including the prevalence, cause, presentation and management.
- Describe the key features of gestational diabetes
- Name the key signs and symptoms of diabetes.

Module 3: Risk factors for type 2 diabetes

- Name the risk factors for developing type 2 diabetes.

Module 4: Blood glucose levels

- Recall what a healthy blood glucose level is.
- Recall what is considered a low blood glucose level and that it's referred to as 'hypoglycaemia' or 'hypo'.
- Recall what is considered a high blood glucose level and that it's referred to as 'hyperglycaemia' or persistent high BGLs.
- Describe that 'hypoglycaemia' and 'hyperglycaemia' are the acute complications of diabetes.
- Describe the key factors affecting blood glucose levels.
- Recall target blood glucose levels for people with type 1 and type 2 diabetes.

Module 5: Acute complications – hyperglycaemia

- Name the signs and symptoms of hyperglycaemia.
- Describe the causes of hyperglycaemia.
- Describe how acute hyperglycaemia (including sick days) is managed.
- Describe what diabetic ketoacidosis is and what it is caused by.

Module 6: Acute complications – hypoglycaemia

- Name the signs and symptoms of hypoglycaemia.
- Describe the causes of hypoglycaemia.
- Describe the treatment for mild – moderate hypoglycaemia.
- Describe the management for severe hypoglycaemia.

Module 7: Chronic complications

- Describe the chronic macrovascular complications of diabetes.
- Describe the chronic microvascular complications of diabetes.
- Describe the oral health complications of diabetes.
- Describe the mental health complications of diabetes.

Module 8: Living well with diabetes

- Describe in which ways diabetes can be managed.
- Describe the purpose of a Diabetes Care Team, the different roles within the team and how it can help the person with diabetes manage their diabetes.
- Describe the referral pathway to members of the Diabetes Team

Module 9: Prevention and detection of chronic complications

- Describe what the Annual Cycle of Care is and how it can reduce the risk of chronic complications.
- Describe the tests and reviews involved in the Annual Cycle of care.
- Describe the importance of daily foot care and how to care for the feet, including podiatry checks.
- Recognise that diabetes can have an emotional and psychological impact on people with diabetes and their family.
- Describe how diabetes can affect oral health and the importance of visiting a dentist every 6 months.

Module 10: NDSS, diabetes organisations and Medicare

- Describe what the NDSS is, eligibility and registration process and the benefits of registration.
- Describe changes to NDSS.
- Describe what Diabetes Organisations are, what they do to support people with diabetes, how people can become members and what the benefits of membership are.
- Describe the entitlements under Medicare for people with diabetes.

Module 11: Talking the talk

- Describe the type of language used to engage and support people living with diabetes
- Describe the types of positive words that can be used to encourage apposite interaction with the person living with diabetes
- Recognise the 'Stages of Change' behavioural change model and how it relates to supporting people with type 2 diabetes to make positive behaviour changes.