



Diabetes Education Network

- 10 Years on

6th National Conference - Birmingham 2013

Thursday 9th May

In association with
DIABETES UK
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Workshop details

Workshop A - *Managing glucose before, during and after exercise in patients with Type 1 diabetes.*

Facilitator: Dr. Rob Andrews

Workshop B - *Developing a National Paediatric Diabetes Plan: What are the key issues for education?*

Facilitators: Dr. Sheridan Waldron (NHS Diabetes: Education Lead for children and young people)

Dr Fiona Campbell, NHS Diabetes: Clinical Network Lead

Summary: The workshop will introduce the National Paediatric Diabetes Service Improvement Delivery Plan which has recently gone out to national consultation. It will discuss the rationale behind it's development and future key milestones. The workshop will explore the key issues that impact on all aspects of education and will develop the priorities surrounding the education of HCPs and children and young people with diabetes and their families.

Learning outcomes:

- The participants will be able to identify the key sections of the plan
- The participants will describe the education priorities for HCPs
- The participants will describe the education priorities for CYP and families

Workshop C - *Is there a role for online learning in structured education?*

Facilitator: Joan Everett (Diabetes nurse specialist and member of DEN)

Summary: This workshop will explore the role of online learning in structured education and recount the experience so far of two online programmes for patients with type 1 diabetes

Learning Outcomes:

- The participants will explore the pros and cons of online learning
- The participants will discuss their own experience of online learning
- The participants will examine the details of Bournemouth's experience of online learning programmes

Workshop D - *Diabetic Footsteps - A group education programme for people with diabetes and their carers*

Facilitator: Angela Green (Podiatry Principal, Victoria Hospital, Fife)

Summary: There is currently no recognised structured diabetic foot education programme. In response to this 'Diabetic Footsteps' was developed by the Fife Podiatry Diabetes Team. Diabetic Footsteps is a foot education package designed to encourage discussion between individuals with diabetes to support their personal foot care, recognise the impact of diabetes on their lower limb and know when and where to seek help. This workshop provides the opportunity to observe the tool and discuss its philosophy and merits of use.

Learning outcomes: by the end of the session the group will have considered:-

- The benefits of small group patient/carer education as opposed to didactic, conference education type delivery
- Diabetic footsteps as a means of delivering patient centred, diabetic foot education to carers and people with diabetes
- Whether Diabetic Footsteps is an education tool suitable for use as part of their service delivery

Workshop E - *Styles of eating and new approaches to weight loss*

Facilitators: Dr. Trudi Deakin (Chief Executive X-PERT Health, Hebden Bridge)

Helen Loughnane (Team Manager (Dietetics), Blackburn)

Summary: Delegates will form small groups and will be asked to critically appraise research papers for a particular style of eating or new approach to weight loss such as Low fat diet / low carb diet / Mediterranean diet / DASH diet / VLCD (600kcal) / intermittent fasting (5:2 diet). Each group will in turn feedback to the whole group and a discussion will take place to agree a consensus for the quality of evidence for each diet/approach.

Learning outcomes:

- State 4 styles of eating and 2 new approaches to weight loss
- Critically appraise a research paper to ascertain the evidence base for a particular diet
- Discuss strengths and limitations of the current evidence base

Workshop F - *Barriers to effective self-management*

Facilitator: Lyndi Wiltshire (Head of Diabetes Care within Mental Health Services)

Summary: A review of what stops someone from managing their diabetes appropriately. Provide evidence and information regarding the psychological/social barriers to good self management and techniques available to support them.

Learning outcomes:

- To recognise the barriers to good self management
- To develop understanding of how barriers can be overcome with
 - ✓ Modified teaching style ✓ Recognition of individualised education planning
 - ✓ Adapted outcomes and goals

Workshop G - *Assessing carb counting skills (How do we know what our patients know?)*

Facilitators: Chris Cheyette (Senior Diabetes Dietitian, Kings College)

Jacqueline Ryder (Diabetes Nurse Specialist, The Royal Bournemouth Hospital)

Learning Outcomes:

- Explore current practice in assessing knowledge and skills in carbohydrate counting
- Understand different methods for assessing carbohydrate counting skills and knowledge
- Work towards developing a tool that can be used in the assessment of carbohydrate counting skills and knowledge