

Module 3: Micromanaging diabetes for the life of the patient: beyond the ABCs

RACGP Learning Objectives for module 3:

At the end of this module you should be able to:

- Understand how to use SMBG results to adjust glycaemic management
- Understand carbohydrate counting and educate patients on how to use it
- Recognise and manage hypoglycaemia
- Identify and manage at least three patients with $HbA_{1c} > 7\%$ and apply the attitudes, beliefs, knowledge and processes learned from the changing diabetes essential education series to optimise management of their diabetes

The module is designed to help you:

1. Identify methods for measuring change
2. Develop, use and realise the potential of diabetes registers
3. Realise the potential of audits and self-assessment
4. Identify techniques to assist motivating patients toward better glycaemic control
5. Realise the potential of diabetes education in primary care
6. Identify processes to enable healthcare professionals to advise patients on dietary strategies to achieve targets
7. Utilise enhanced primary care item numbers and develop chronic care plans such as GP management plans, team care arrangements and home medication reviews
8. Demonstrate sound problem-solving skills with respect to optimisation of insulin
9. Demonstrate a sound comprehension of, and advise on, management of hyperglycaemia
10. Demonstrate a sound comprehension of, and advise on, management of hypoglycaemia



One Day Agenda Module 3:

		COMPONENTS	DURATION	MODE	PRESENTER
1.	9.00	Introduction: re-visit key messages, 'wish list'	20 mins	Interactive	GP facilitator
2.	9:20	Measuring and motivating for change	20 mins		GP facilitator,
3.	9:40	Case 1: Chris – part 1	35 mins	Discussion	Panel: GP facilitator, endocrinologist, dietitian, diabetes nurse educator (DNE)
	10.15	Morning tea	15 mins		
4.	10.30	Case 1: Chris – part 2	25 mins	Discussion	Panel
5.	10.55	Counting carbohydrates	30 mins	Presentation	Dietitian
6.	11.25	Activity: practical carbohydrate counting	30 mins	Activity	Dietitian
7.	11.55	Insulin profiles matched to glucose profiles	5 mins	Presentation	GP facilitator, endocrinologist
9.	12.00	Case 2: Tsambicka	30 mins	Discussion	Panel
	12.30	Lunch	30 mins		
10.	1.00	Activity, insulin and hypoglycaemia	30 mins	Presentation & activity	Dietitian, DNE, endocrinologist
11.	1.30	Case 3: Barry - hypoglycaemia	30 mins	Discussion	Panel
12.	2.00	Case 3: Barry – hyperglycaemia correction and insulin titration	30 mins	Discussion	Panel
13.	2.30	Evidence base for treatment decision	35 mins	Presentation	Endocrinologist
	3.00	Afternoon Tea	15 mins		
14.	3.15	Case 4: Fotios – managing hyperglycaemia	40 mins	Discussion	Panel
15.	3.55	Panel discussion Q & A	20 mins	Questions & Answers	
16.	4.15	Wish list review and action plan 'it just takes 3'	15 mins	Discussion/plan	GP facilitator, endocrinologist
17.	4.30	Beliefs, attitudes, knowledge and processes	15 mins	Computer interaction	GP facilitator,
18.	4.45	Close	15 mins	Discussion/Plan	

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