

Diabetes Awareness

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Overview

This course provides an essential overview and understanding of diabetes, the difference between type 1 and 2 diabetes, the effects and symptoms of diabetes. The course also explore the key concepts of supporting individuals to live well with diabetes and good diabetes care. It will provide you knowledge of hereditary and dietary causes of diabetes and high and low blood sugar levels. Delegates who complete this course will be able to identify the sign of diabetes as well as advising diet & lifestyle changes which could reduce the impact. It is important to understand the complexities relating to lifestyle that a person with diabetes faces each day.

Course content:

The following topics are covered in this course.

- Understand what Diabetes is
- Its Complications, Signs and Symptoms and what causes Diabetes
- Identify the differences between type 1 and type 2 diabetes
- Medication and treatment, Emergency First Aid for Diabetics and Insulin
- Management and Weight management of diabetes
- Food, Eating well and Exercise and Impacts of diet and lifestyle
- Monitoring and the impact of diabetes.
- Explore diabetic complications and risk factors

Entry Requirements:

The course is designed for healthcare professionals without specialist knowledge of diabetes. E.g. Practice nurses or occupational health nurses. Care home managers or healthcare assistants and people who work with people with diabetes.

Assessment:

We can deliver this course on your premises, reducing costs in respect of additional time out and travelling. Our trainer will carry out on going assessments.

Qualification

On completion of the course. All delegates will receive Certificate of Attendance

Duration of course

Depending on module

Attendance Options

Days/Evenings/Weekends