

## Diabetes Management in the Primary Care Setting

### Unit 1 - Introduction to Diabetes

*Proudly supported by an educational grant from MSD*

#### Course Details

'Diabetes Management in the Primary Care Setting' is an online learning program aimed at nurses providing diabetes care and management in the primary care setting.

'Unit 1 - Introduction to Diabetes' has been designed for those who have identified a need to update or increase their diabetes and diabetes management knowledge. This unit will provide nurses with a basic understanding of the disease and its impact on the individual and the broader community. This unit will provide the minimum diabetes specific knowledge needed to support provision of quality care to the person with diabetes and their families and carers.



#### Learning Objectives

The overall goal of 'Unit 1 Introduction to Diabetes' is to assist nurses in the primary care sector to become active and confident members of the diabetes care team.

Unit 1 will enable nurses to:

- identify those at risk of developing diabetes and appropriate primary care prevention strategies
- recognise the diagnostic criteria for diabetes
- identify the common presentation as well as management of different types of diabetes
- provide information and basic introductory diabetes self-management education to persons with diabetes in their care
- identify signs, symptoms and recommended treatment of acute diabetes complications
- provide assistance with diabetes survival skills
- identify recommended screening processes for common chronic diabetes complications as well as strategies to reduce or delay their development
- manage appropriate referral pathways for persons with complex diabetes care requirements.

# APNA Online Learning

## Unit 1 Content

### **Module 1 - Diabetes Pathophysiology, Prevention and Detection**

Module one aims to provide nurses with an understanding of the pathophysiology, prevention and detection of type 1 diabetes, type 2 diabetes and gestational diabetes.

### **Module 2 - Diabetes and Lifestyle**

Module two aims to provide nurses with an understanding of the role of nutrition, physical activity and exercise in diabetes management and care.

### **Module 3 - Diabetes Medications**

Module three aims to provide an overview of the role of diabetes medications in the management of type 2 diabetes, type 1 diabetes and gestational diabetes.

### **Module 4 - Acute Diabetes Complications**

Module four aims to provide nurses with the knowledge about the impact, recognition, treatment and prevention of acute diabetes complications.

### **Module 5 - Chronic Diabetes Complications**

Module five aims to provide the knowledge, skills and understanding necessary to contribute to the prevention, early detection and screening of chronic diabetes complications.

### **Module 6 - Self Monitoring in Diabetes**

Module six aims to provide an understanding of the role of self monitoring blood glucose and ketones, and interpreting and applying the results in daily diabetes management decisions.

### **Module 7 - The Diabetes Care Team**

Module seven provides an overview of the role and scope of practice of the members of the diabetes care team and outlines the current Australian Commonwealth Government incentives funded through Medicare that support the annual cycle of care, best-practice recommendations for complication screening, self-management education and multidisciplinary care in general practice.

**My Training**

Module 7 - The Diabetes Care Team

Collecting information

The table below summarises the information that needs to be collected for a comprehensive assessment. The table also identifies areas of the assessment that could be completed by the RN.

Assessment Data	
Practice Nurse	
<b>Assessment</b>	
<b>Physical measurements</b>	<ul style="list-style-type: none"><li>• Weight, weight and BMI</li><li>• Waist circumference</li></ul>
<b>BP</b>	<ul style="list-style-type: none"><li>• Lying &amp; standing</li></ul>
<b>Self monitoring blood glucose</b>	<ul style="list-style-type: none"><li>• Observe patient technique and results interpretation</li><li>• Ask about frequency of SMBG</li><li>• Check knowledge of targets</li><li>• Ask confidence in interpreting results</li><li><input type="checkbox"/> Needs referral to Credentialed Diabetes Educator (CDE®)</li></ul>
<b>Smoking status</b>	<ul style="list-style-type: none"><li>• Assess and encourage ceasing</li></ul>

**My Training**

Module 1 - Diabetes Pathophysiology, Prevention and Detection

29%

GLs fluctuate between 3.5 and 7.8 mmol/L

Breakfast Lunch Dinner

glucose insulin

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# APNA Online Learning

## Unit 1

### Estimated Duration

Each Module should take approximately 2 hours to complete.

Participants are also required to complete an online pre-learning questionnaire, an online post-learning questionnaire and a brief offline assessment task in order to complete the program.

Total duration for all modules and assessment is approximately 16 hours.

### Target Audience

This course has been designed for nurses working in the primary health care setting who have identified a need to update or increase their diabetes and diabetes management knowledge.

### Cost

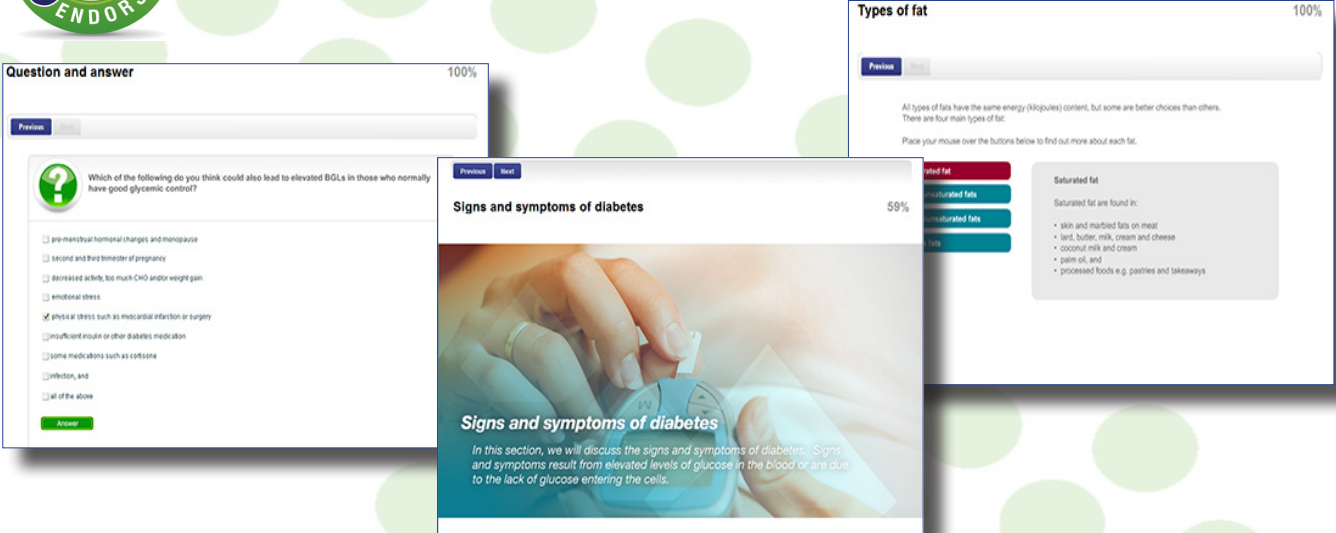
\$375 / \$320 for APNA members

### CPD Hours

Total for all 7 Modules and assessment tasks is nominally 16 CPD hours.



This activity has been endorsed by the Australian Practice Nurses Association, according to approved criteria.  
**Total 16 CPD hours**



The screenshots show the following content:

- Question and answer:** A multiple-choice question asking "Which of the following do you think could also lead to elevated BGLs in those who normally have good glycaemic control?". The options are:
  - ☐ pre-menstrual hormonal changes and menopause
  - ☐ second and third trimester of pregnancy
  - ☐ decreased activity, too much CHO and/or weight gain
  - ☐ emotional stress
  - ☒ physical stress such as myocardial infarction or surgery
  - ☐ insufficient insulin or other diabetes medication
  - ☐ some medications such as corticosteroids
  - ☐ infection, and
  - ☐ all of the above
- Signs and symptoms of diabetes:** A section with a video thumbnail showing hands using a glucose meter. The text states: "In this section, we will discuss the signs and symptoms of diabetes. Signs and symptoms result from elevated levels of glucose in the blood or are due to the lack of glucose entering the cells."
- Types of fat:** A section titled "Types of fat" with a progress bar at 100%. It explains that all types of fat have the same energy (kilocalories) content but some are better choices than others. It lists four main types of fat:
  - Saturated fat:** Found in skin and marbled fats on meat, lard, butter, milk, cream and cheese, coconut milk and cream, palm oil, and processed foods e.g. pastries and takeaways.

Diabetes Management in the Primary Care Setting was developed by the Australian Practice Nurses Association (APNA) and the Australian Diabetes Educators Association (ADEA). The content has been reviewed by APNA to ensure it is grounded in the practice context experienced by nurses in the primary care sector. This project was funded by an educational grant from Merck Sharp and Dohme (MSD) to support improved health outcomes for people with diabetes.