

## Consolidating Dietetic Practice in Diabetes

**Date: 20 November 2019**

**Venue: Cardiff**

**Facilitator: TBC**

### Aim

This course will build on existing skills and knowledge in relation to nutritional recommendations for diabetes and explores the application of theory to practice. It discusses current Diabetes UK and the American Diabetes Association evidence based nutritional guidelines for diabetes. It discusses all current oral and injectable anti-hyperglycaemic medications and their dietary implications. This course includes an introduction to carbohydrate counting, but this subject is covered in much greater depth in the Advanced Practice in Diabetes course.

The course will be suitable for dietitians who wish to increase their general diabetes knowledge with a view to begin practising at specialist level.

### Learning Outcomes

By the end of the course delegates will:

- Be knowledgeable about current antihyperglycaemic medications (oral and insulin) and understand the dietary implications of the respective drug's action
- Be familiar with national dietary guidelines (Diabetes UK dietary guidelines) and able to list the recommendations
- Be familiar with the American Diabetes Association (ADA) nutrition therapy recommendations
- Be aware of various dietary approaches such as the Mediterranean diet, low carbohydrate (CHO) diets, VLCD and the evidence for their use in T2D
- Have an understanding of CHO awareness and how to relay the message to patients
- Have a basic understanding of CHO counting / estimation and insulin dose adjustment
- Be aware of the benefits of regular physical and adequate sleep for people with T2D
- Be able to translate theory into practice in a variety of clinical scenarios
- Reflect on current practice and identify strategies for increasing knowledge and skills

## Programme:

**09:15** Registration and coffee

**09:30** Overview of the day and introductions

**09:45** Introduction to diabetes e.g. types of diabetes, targets

**10:00** Overview of oral medications and insulins

**11:30** Coffee break

**11:45** Nutrition guidelines and recommendations and FAQ

**12:30** Carbohydrate awareness

**13:00** Lunch

**13:45** Glycaemic Index and Glycaemic Load

**14:15** Carbohydrate counting and insulin dosing

**15:10** Case studies

**15:55** Other lifestyle factors i.e. physical activity and sleep

**16:15** Reflection and evaluation

**16:30** Close