

Dietetic Practice in Diabetes – the next step

Date: 14 January 2020

Venue: Birmingham

Facilitator: Diana Markham

This course is designed for both dietitians who have previously taken part in the consolidating dietetic practice course, or those with some experience in diabetes management who are looking to further their skills and dietetic practice.

This course will recap carbohydrate counting before looking at insulin dosing before looking at insulin pump therapy before recapping on hypoglycaemia. The day will then move on to specialist areas of Pre-conception, pregnancy and lactation; Nutrition Support, Cystic Fibrosis & Coeliac Disease before looking at dietary management and physical activity.

Aim

To advance practice in the dietetic management of diabetes.

Learning Outcomes

By the end of the course delegates will:

- Review carbohydrate counting in the management of diabetes
- Examine the role of insulin, including adjustment, in terms of total carbohydrate consumed, blood glucose levels and exercise
- Formulate appropriate advice for people on pump therapy
- Examine the main considerations of dietary management of the people with diabetes who are physically active
- Apply nutritional management of pregnancy and breastfeeding
- Translate theory into action in a variety of clinical scenarios
- Appraise current practice and formulate strategies for increasing knowledge and skills

Programme

9:30	Registration and Coffee	13:00	Lunch
9:45	Introduction, aims and objectives	13:30	Pre-conception, pregnancy & lactation
10:00	Brief review of carbohydrate counting	14:15	Nutrition Support & Diabetes
10:15	Insulin dosing in practice	14:30	Cystic Fibrosis and Coeliac Disease
10:30	Insulin dosing – moving on from the basics	15:15	Refreshment break
11:30	Refreshment break	15:30	Dietary management during physical activity
11:45	Insulin pumps & dietary management	16:20	Reflection & Review
12:45	Hypoglycaemia Review & insulin pumps	16:30	Close

More Information

Please direct queries to:

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