

Diabetes - What Now?



Diabetes Australia

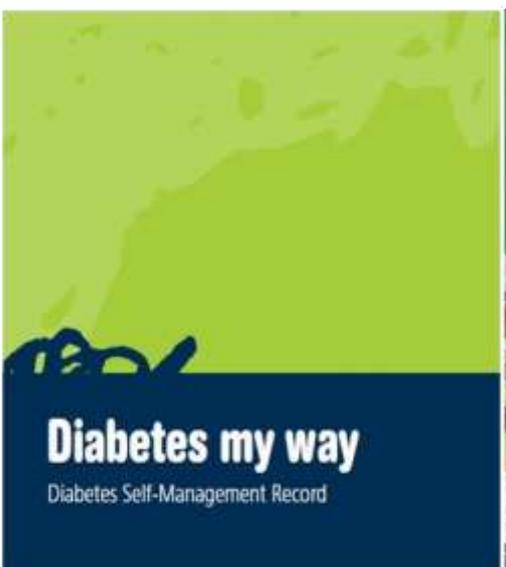
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Facilitator Manual

NDSS
national diabetes services scheme



Diabetes
AUSTRALIA
QUEENSLAND

The National Diabetes Services Scheme (NDSS) is an initiative of the Australian Government administered by Diabetes Australia. The NDSS agent in Queensland is Diabetes Australia – Queensland.

Background

Type 2 diabetes is the most common form of diabetes mellitus, affecting approximately 1 in 20 people. The Third report of the Chief Health Officer Queensland - 'The Health of Queenslanders 2010' noted in 2010, 'it is estimated there are approximately 23,000 newly diagnosed cases of type 2 diabetes each year in Queensland, around 60 new cases each day.'

Type 2 diabetes was the third leading cause of burden of disease and injury in Australia in 2003. Diabetes cost the Queensland economy around \$6.9 billion in 2001, i.e. \$2.5 billion in financial costs and \$4.4 billion in loss of wellbeing.

Evidence suggests, optimal health outcomes are achieved with chronic disease when an informed, proactive patient engages with an informed, engaged health professional. Therefore 'Diabetes – What now?' aims to develop in the individual; knowledge to improve understanding of the condition, confidence in self-management of the condition, and the skills to know how to obtain assistance and support as part of a team care approach.

In developing this program, Diabetes Australia – Queensland looked towards established evidence based consumer education programs which support the ideals of diabetes self-management, self efficacy and a learner-centred approach.

The 'Diabetes - What Now?' Program is learner centred; this approach acknowledges the expertise of the learner and differs from didactic approaches where the teacher is the expert. A learner centred approach:

- allows learners to understand why something is important to learn
- shows learners how to self-direct through information
- relates the topic to the learners' experiences
- recognises people will not learn until they are ready and motivated to learn
- assists the learner in overcoming inhibitions, behaviours, and beliefs about learning

Reference

Conner & Hodgins, 2001 cited in *Information and Education for People with Diabetes: A 'Best Practice' Strategy* 2003, Diabetes Australia.

Conducting the ‘Diabetes - What Now?’ Program

Aim:

This program aims to provide initial diabetes self-management information and does not negate nor postpone contact with diabetes health professionals, but potentially fills the gap between diagnosis and continued contact with an individual’s health team. The content has been developed to lay down foundations for diabetes self-management, support self-efficacy and prepare participants to receive individualised education and recommendations from local diabetes health professionals. There is an emphasis for participants to develop an understanding of a team care approach and establish links with their local diabetes health care networks.

Criteria and core competencies for facilitators:

This course is delivered, ideally, by a Registered Nurse - Credentialed Diabetes Educator (CDE) and Accredited Practising Dietitian (APD). However, the content has been developed so as a Diabetes Educator (minimum qualification of Graduate Certificate Diabetes Education or equivalent) may facilitate and deliver where staffing does not allow for a CDE and/or dietitian to assist.

Facilitators will have demonstrated:

- current knowledge to confidently deliver program material.
- an ability to present program material using the learner-centred approach to support diabetes Self-management.

Competency to deliver the program will be determined and assessed through observation by a Diabetes Australia – Queensland, Credentialed Diabetes Educator.

Program delivery is based on written resources which reflect program standards and objectives. Diabetes Australia- Queensland resources, including other approved materials, will be provided to participants in the Participants Pack. Further resources and materials which support local services and information may be added to the program and distributed following approval by Diabetes Australia- Queensland.

Session One - Contents and Timing

Module	Activity	Time
Session One Overview	Introduction	5mins
Module 1 Living with Diabetes	1.1 Pre evaluation Questionnaire	35mins
	1.2 Burning Issues	
	1.3 Diabetes self management	
	1.4 Living with Diabetes	
Module 2 What is diabetes?	2.1 What is diabetes?	20mins
	2.2 What does diabetes feel like?	
Break (optional)		10mins
Module 3 Managing diabetes	3.1 Self management	15mins
	3.2 Your diabetes health care team	
	3.3 Medicare and Private health Funds	
Module 4 Care Planning	4.1 Taking Action	15mins
	4.2 Annual cycle of care	
Module 5 Self Blood Glucose Monitoring (SBGM)	5.1 Blood glucose levels	20mins
	5.2 Commonsense approach to SBGM	
Session One Close	Review	10mins

Session Two - Contents and timing

Module	Activity	Time
Session Two Overview	Introductions Burning Issues	15mins
Module 6 Healthy Eating	6.1 Carbohydrate Foods 6.2 Glycemic Index 6.3 Protein Foods 6.4 Fats in Foods 6.5 Free Foods 6.6 Weight Management 6.7 Alcohol	45mins
Break (optional)		10mins
Module 7 Physical Activity	7.1 Physical Activity	10mins
Module 8 Goal Setting	8.1 Goal Setting	5mins
Module 9 Managing medications	9.1 Managing medications	10mins
Module 10 Glucose lowering medications	10.1 Glucose lowering medications	5mins
Module 11 Troubleshooting	11.1 Hyperglycaemia 11.2 Hypoglycaemia 11.3 Driving and Diabetes	15mins
Session Two Close	Post evaluation Questionnaire	15mins
	Review	