



## Diabetes Awareness

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Led by one of our experienced trainers, join our Diabetes Awareness course to gain insights into the types, causes, symptoms and management strategies of Diabetes.

Learn about physiological mechanisms, lifestyle interventions, and psychosocial aspects crucial for effective care for individuals with Diabetes. Explore insulin production, glucose metabolism, and complications, alongside practical guidance on diet, exercise, and mental health support.

Participants will be equipped with the confidence and skills to promote awareness, facilitate early detection, support individuals with diabetes toward healthier lives and make a positive impact on diabetes care, and community well-being.

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## Learning Outcomes

- Distinguish between the types of diabetes
- Identify the causes and symptoms of diabetes
- What is a healthy blood glucose reading
- Learn how to measure blood sugar levels
- Understand how diabetes can be prevented and managed
- Understand how diabetes impacts on the individual
- Understand diabetes related complications
- Learn how to support individuals who have diabetes

## Course Content

### **Module 1: Statistics and Cost:**

- Looking into the statistics and data surrounding diabetes, examining its prevalence, risk factors, and socioeconomic impact. Learners analyse the financial burden of diabetes on healthcare systems and individuals, exploring cost-effective strategies for prevention and management.

### **Module 2: Causes of Diabetes:**

- Examining genetic predispositions, lifestyle factors, and environmental influences.

## Course Content

### **Module 3: Symptoms of Diabetes:**

- Understanding the common symptoms of Diabetes including increased thirst, frequent urination, increased hunger, blurred vision and headaches, enabling early detection and intervention for improved health outcomes.

### **Module 4: Type 1 vs Type 2 Diabetes:**

- This module provides a comparative analysis of the etiology, pathophysiology, and management approaches for both forms of diabetes. Participants explore the autoimmune destruction of beta cells in type 1 diabetes versus insulin resistance in type 2, gaining insights to tailor effective interventions and support for individuals with each condition.

### **Module 5: Understanding your Role:**

- We examine the crucial role of caregivers in the journey of individuals living with diabetes. Participants explore strategies to offer emotional support, assist with medication adherence, and encourage healthy lifestyle choices, fostering a supportive environment conducive to optimal diabetes management.

### **Module 6: How do Medications Work?:**

- This module gives caregivers an insight into the mechanisms of action of various diabetes medications, including oral agents and injectables like insulin. Participants learn about medication regimens, side effects, and the importance of adherence in supporting individuals with diabetes in achieving optimal health outcomes.

**Module 7: Complications of Diabetes:**

- Understanding the potential health ramifications of uncontrolled diabetes, including cardiovascular disease, neuropathy, and retinopathy. Participants learn to recognise warning signs, mitigate risks, and provide essential support to individuals in preventing and managing diabetes-related complications.

**Module 8: The Glycaemic Index:**

- Understanding the glycaemic index (GI) is crucial for diabetes management as it helps individuals make informed dietary choices that can regulate blood sugar levels. Foods with a high GI cause rapid spikes in blood glucose, which can lead to complications for those with diabetes. Understanding which foods have a high GI and which have a lower rating empowers individuals with diabetes to construct healthier meal plans and better manage their condition.

**Module 9: Hyperglycaemia:**

- Understanding how to identify and respond to high blood sugar levels in individuals with diabetes. Participants learn about symptoms, causes, and management strategies, emphasizing the importance of prompt intervention to prevent complications and promote overall well-being.

**Module 10: Older People and Diabetes:**

- Participants explore age-related factors impacting diabetes care, such as comorbidities (the presence of two or more chronic medical conditions occurring simultaneously), medication management, and cognitive decline, to develop tailored strategies for supporting older adults in effectively managing their diabetes and maintaining quality of life.



**Module 11: Measuring Blood Sugar and Understanding Blood Sugar Ranges:**

- Through practical guidance, learners explore various methods of blood sugar measurement and gain insights into interpreting and maintaining optimal blood sugar ranges for effective diabetes control and overall well-being.

**Module 12: Recommended Foods; Foods to Avoid:**

- This module provides essential guidance on crafting a balanced diet tailored to diabetes management. Participants learn about nutrient-rich foods beneficial for stabilising blood sugar levels and minimising complications, as well as foods high in sugar and unhealthy fats to limit or avoid, empowering individuals to make informed dietary choices for better health outcomes.