



Everything You Wanted to Know About Diabetes But Were Afraid to Ask

Friday, February 10, 2012

8:00 am - 4:00 pm

**Lamprey Health Care
Raymond, NH**

Faculty

Sandra Sheeran, RN, CDE

Target Audience

Registered Nurses and Licensed Practical Nurses

a program of



in collaboration with

**NH DHHS Diabetes Education Program
Community Health Access Network (CHAN)**

Program Summary

This program is designed to maximize participant knowledge of screening, prevention and treatment of diabetes. This will be a comprehensive all day workshop that will help nurses to manage your patients with diabetes.

Learning Objectives

Upon completion of this educational session, participants will be able to:

- Identify individuals who should be screened for diabetes, describe normal glucose metabolism and the role of insulin, explain special considerations for diabetes in the elderly, state the importance of exercise.
- Describe microvascular complications and macrovascular complications, describe interventions to decrease the incidence of developing complications.
- List and describe classes of oral agents and identify principles of selecting oral agents, describe incretin hormones and amylin analogues and their role in diabetes.
- State when it is time to start insulin, describe types and actions of insulins, and treatment options, describe pump therapy and appropriate candidates, and state signs and symptoms of hypoglycemia and treatment measures.
- State relationship between diabetes and stress, state sick day guidelines, describe the importance of skin care and relationship of wound healing to diabetes, describe good oral hygiene and proper foot care.
- Identify goals and strategies for MNT (Medical Nutritional Therapy), explain the importance of life-style changes in diabetes management, describe the role of fats and how to cut back on fats and sodium, explain relationship amongst nutrition, exercise, medications and blood glucose.
- Teaching Techniques: Helping the patient develop long and short term goals, barriers to learning, different styles of teaching and learning, psychosocial aspects of diabetes.

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Registration Form

Registration Fee: \$50.00

The registration fee includes materials and continuing education credits.

**Any buyer may cancel this transaction any time prior to midnight of the third business day after the date of this transaction.*

Register online at www.snhahec.org/calendar!

Name: _____

Organization: _____

Credentials: _____

Email: _____

Phone: _____

Address: _____

Register online at www.snhahec.org/calendar or
mail this form with registration fee to:

Southern NH AHEC

Attn: Tracie Holmes

128 State Route 27, Raymond, NH 03077

fax 603.895.1312 | phone 603.895.1514 x4 | email tholmes@snhahec.org

Scholarships are available—email Tracie for a request form

Continuing Education

The Southern New Hampshire Area Health Education Center is an approved provider of continuing nursing education by the New Hampshire Nurses Association Commission on Continuing Education, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

This continuing education activity has been approved for up to 6.5 contact hours: 1036.