

Foundations of Diabetes for HCAs

A course designed for Health Care Assistants working in Primary Care

Key Information



Who training is for
Health Care Assistants



Length of course
1 day



Per delegate cost
£160



Format of course
Live via Zoom or Face-to-Face



Dates of course
TBC



CPD Hours
7 hours

Course Summary



Our 'Foundations of Diabetes' course provides HCAs with the essential knowledge and skills needed to effectively support the management of patients with diabetes in primary care settings.

Course Content



Understanding Diabetes



Management of Diabetes



Screening and Monitoring



Complications of Diabetes



Patient Education and Self Management Strategies



Putting it all together in practice



HEALTH
Academy

Book online or contact us



HealthAcademyOnline.co.uk



info@HealthAcademyOnline.co.uk

Detailed Course Description



Our 'Foundations of Diabetes for HCAs' course is a comprehensive curriculum designed for healthcare assistants (HCAs) and other non registered practitioners working in General Practice who seek to enhance their knowledge and skills in the care and management of patients with diabetes. This course covers essential topics ranging from understanding diabetes and its causes to recognising signs of complications. Participants will learn about the role of the HCA in supporting diabetic reviews including screening and monitoring processes and helping to support lifestyle choices. Attendees will also learn about the impact of diabetes on patients and their families and how to support and promote self management strategies and patient education.

Our course aims to equip HCAs with the essential knowledge and skills required to deliver high-quality care to patients with diabetes. By understanding the fundamentals of diabetes management, participants will play a crucial role in supporting patients on their journey towards better health outcomes. This one-day course includes teaching, interactive discussions, case studies, and practical exercises to enhance learning and skill development.

Developed in line with current UK National Standards and Guidelines (including those in England, Wales, Scotland and Northern Ireland) and guidance from the NHS, NICE and Best Practice Guidelines and Competency Frameworks.

Foundations of Diabetes for HCAs: Core Modules

- **Understanding Diabetes**
 - Overview of diabetes in primary care
 - Role of the HCA in diabetes management
 - Type 1 and Type 2 diabetes
 - Risk factors and predisposing conditions
 - Importance of early detection and management
 - Overview of the pathophysiology of diabetes
- **Management of Diabetes**
 - Weight management, BMI, waist circumference ratio
 - Nutrition, exercise, and obesity in diabetes
 - Mechanism of action and side effects of diabetes medications
- **Screening and Monitoring**
 - Screening tests and annual reviews
 - 8 care processes
 - Investigations and blood glucose control and measurement
 - Pre diabetes screening
 - Foot assessments and risk
- **Complications of Diabetes**
 - Hypoglycemia and Hyperglycemia
 - Recognising signs of complications
 - Understanding red flags and when to refer
- **Patient Education and Self Management Strategies**
 - Empowering patients with self-management strategies
 - Importance of health promotion and patient education
 - Providing lifestyle advice and support for patients and families
 - Understanding the psychological and social impact of diabetes
 - Resources to help support people living with diabetes
- **Putting it all together in practice**
 - Scope of practice of HCAs: accountability and delegation
 - Guidelines, resources and further reading
 - Interactive case scenarios and practical examples
 - Q&A discussion

A 'Foundations of Diabetes for HCAs' certificate will be allocated on successful completion of the course. This is an introductory course, suitable for those who are new to diabetes care or who are wishing to develop and improve upon their existing knowledge and skills.

Course Alignment

This course has been developed in line with the following guidelines:

NICE guideline [NG28] Type 2 diabetes in adults: management

<https://www.nice.org.uk/guidance/ng28>

NICE guidelines [NG17] Type 1 diabetes in adults: diagnosis and management

<https://www.nice.org.uk/guidance/ng17>

NICE public health guideline [PH38] Type 2 diabetes: prevention in people at high risk

<https://www.nice.org.uk/guidance/ph38>

Best Practice in the Delivery of Diabetes Care in the Primary Care Network

<https://www.diabetes.org.uk/for-professionals/improving-care/good-practice/primary-and-community-care/pcn-delivery-of-care>

TREND competencies

<https://trenddiabetes.online/portfolio/an-integrated-career-and-competency-framework-for-adult-diabetes-nursing-6th-edition/>