

Foundations of Diabetes for RHCPs

A course designed for Registered Health Care Professionals working in Primary Care

Key Information



Who training is for
Practice Nurses & Allied Health Professionals



Length of course
2 days



Per delegate cost
£300



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



Dates of course
TBC



CPD Hours
14 hours

Course Summary



Our 'Foundations of Diabetes' course provides RHCPs with the essential knowledge and skills needed to effectively manage diabetes in primary care settings.

Course Content



Introduction to Diabetes



Pathophysiology of Diabetes



Diagnostic Criteria and Screening



Diabetes Management and Treatment



Complications Associated with Diabetes



Screening, Monitoring and Annual Review



Patient Education and Self Management



Putting it all together in practice



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Detailed Course Description



Our 'Foundations of Diabetes for RHCPS' course is a 2 day course designed to provide practice nurses and other registered health care professionals with the essential theoretical knowledge and practical skills necessary for diagnosing and managing diabetes in primary care settings. The course will cover the basics of diabetes, including its causes, diagnosis, treatment, and management options, as well as exploring potential complications and effective monitoring processes. It emphasises taking a holistic approach to diabetes care, helping to empower patients with education and self-management strategies, and the importance of multidisciplinary collaboration to ensure effective diabetic care.

By understanding the fundamentals of diabetes management, participants will play a crucial role in supporting patients on their journey towards better health outcomes. This two-day course is aimed to be interactive with discussions, case studies and practical tips for those working in primary care settings.

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 RHCPS: Core Modules

- **Introduction to Diabetes**
 - Overview of diabetes in primary care
 - Type 1 and Type 2 diabetes
 - Risk factors and predisposing conditions
 - Importance of early detection and management
- **Pathophysiology of Diabetes**
 - Understanding the mechanisms of diabetes
 - Role of glucose metabolism in the body
 - Understanding insulin resistance and beta-cell dysfunction
- **Diagnostic Criteria and Screening**
 - Criteria and screening methods
 - Guidelines for diagnosing diabetes and prediabetes
 - Understanding key laboratory tests: HbA1c, fasting glucose & oral glucose tolerance test
- **Diabetes Management and Treatment**
 - Overview of treatment options
 - Lifestyle interventions: diet, exercise, and weight management
 - Mechanisms of action and indications for oral medication
 - Insulin therapy: types, administration, and monitoring
 - Measurement of ketones, blood glucose, HbA1c, renal function, lipids, and blood pressure
 - Compliance issues with medication
- **Complications Associated with Diabetes**
 - Acute complications of the diabetic patient: hypoglycemia and hyperglycemic crises and diabetic ketoacidosis
 - Chronic complications of the diabetic patient: cardiovascular disease, kidney disease, neuropathy and retinopathy
- **Screening, Monitoring and Annual Review**
 - Annual diabetes review, monitoring, self management and action plans
 - 8 care processes
 - Routine foot checks and procedures
 - Referral pathways to other services and importance of multidisciplinary care
 - QOF indicators and NICE guidelines
 - Strategies for prevention and early detection
 - Importance of regular screening and monitoring

- **Patient Education and Self Management**
 - Empowering patients with self-management strategies
 - Importance of health promotion and patient education
 - Strategies for effective communication and counselling
 - Addressing psychosocial aspects and emotional well-being
 - Challenges in self-management
 - Resources to help support people living with diabetes
- **Putting it all Together in Practice**
 - Interactive case scenarios and practical examples
 - Q&A discussion

A 'Foundations of Diabetes for RHCPS' 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/>