

Outline

Diagnosing Diabetes Mellitus

- Type 1/Type2
- MODY/LADA
- Gestational Diabetes
- PCOS
- Medication-Induced Diabetes
- Other Causes

Assessing Readiness for Change

- Potential Problems
- Solutions
- Motivational Techniques

Importance of Glycemic Control

Acute Complications

- Causes, Symptoms & Treatment
- Diabetic Ketoacidosis (DKA)
- Hyperglycemic Hyperosmolar
- Non-Ketotic Syndrome
- Infection
- Interventions

Chronic Complications

- Prevention, Identification & Treatment
- Cardiovascular Disease
- Peripheral Vascular Diseases
- Retinopathy
- Nephropathy
- Neuropathy

Inpatient Goals

Materials & Support for Children

Treatment and Goals of Therapy

The Three H's: Hyperglycemia, Hyperlipidemia, Hypertension

Prescribing Insulins Successfully with Tight Control

- Action Times
- Avoiding Hypoglycemia
- Basal/Bolus Dosing
- Correction/Sensitivity Factors
- The Newest Insulin Pens
- V-GO
- Insulin Pumps

Prescribing Oral Anti-Diabetes Medications


- Sulfonylureas
- Meglitinides
- TZDs
- Biguanides
- Alpha-glucosidase Inhibitors
- DPP4 inhibitors
- SLGT2 inhibitors

Other Injectables

- Amylinomimetics: Symlin
- Incretin Mimetics
- AADE7™ Behavior Goals: Motivating Change
- Healthy Eating (Carbohydrate Counting)
- Being Active
- Healthy Coping
- Monitoring with Skills in Patterning Management
- Risk Reduction
- Problem-solving

Objectives

1. State diagnostic criteria for Diabetes Mellitus and different diagnoses.
2. Evaluate Metabolic syndrome and the three H's: Hyperglycemia, Hyperlipidemia, Hypertension.
3. Recognize the symptoms of Hyperglycemia & Hypoglycemia.
4. Discuss how to successfully prescribe insulin, other injectable diabetes medications and oral anti-diabetes medications.
5. Calculate basal/bolus dosing of insulin administration including various insulin administration schedules to achieve optimal control.
6. Analyze motivational techniques to assist patients for optimal control of their diabetes.
7. Integrate nutrition and label reading to facilitate patient behavioral changes.
8. Explain effective new strategies to improve patient outcomes.




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MANAGING DIABETES



Improving Patient Outcomes



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MANAGING DIABETES

Improving Patient Outcomes

- Implement the latest clinical guidelines into your practice
- Patient-focused techniques for optimal diabetes and weight management
- Initiate and titrate insulin therapy



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As a healthcare professional, you need sufficient diabetes knowledge to provide safe, competent care to patients with diabetes and pre-diabetes. Diabetes is becoming more complex and it is critical that you understand the latest strategies in insulin delivery, blood glucose monitoring, AADE7™, and nutrition to give your patients the best outcomes.

Please join national diabetes expert, Sandra L. Kimball, MSN, NP-C, APRN-BC, CDE, CPT, for this patient-focused one-day seminar on diabetes. You will leave with new management techniques and tips to improve the outcomes of patients with diabetes and pre-diabetes, as well as how to implement the latest clinical guidelines to optimize the quality of life of your patients and prevent further complications.

## Speaker

Sandra L. Kimball, MSN, NP-C, APRN-BC, CDE, CPT, is a prescribing Advanced Practice Nurse, Certified Diabetes Educator and a Certified Pump Trainer; she has been working as a nurse for over 22 years. Sandra is the preferred Diabetes Specialist for the largest primary care office in Montgomery County, Ohio and manages South Dayton Diabetes and Nutrition Center. For nine years, this practice has had approximately 80% of their diabetes patients under Hgb A1c of 7%.

Sandra has participated in creating and writing four National recognition diabetes programs for the Joslin Diabetes Center in Centerville, Ohio, Montgomery County Health Department, Diabetes Dayton and Good Samaritan Hospital. She also works as a Certified Pump Trainer, where she provides individual insulin training for the patients she serves.

Sandra has educated over 18,000 people with diabetes and assists community and healthcare organizations in developing diabetes education and training programs. She also volunteers for numerous outreach organizations providing diabetes education for senior citizen groups, community colleges, home health care nurses, and parish nurses throughout Ohio.

### Disclosures:

Financial: Sandra Kimball Murnen has an employment relationship with Miamisburg Family Practice and West Carrollton Medical. She is on the speaker bureau for Promologics and VMS. Ms. Kimball Murnen receives a speaking honorarium from PESI, Inc.

Non-financial: Sandra Kimball Murnen has no relevant non-financial relationship to disclose.

Nurses • Nurse Practitioners • Clinical Nurse Specialists • Physician Assistants  
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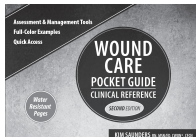
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# MANAGING DIABETES

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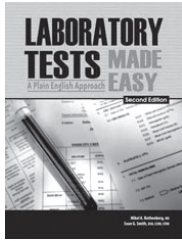


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