



DIABETES EDUCATION PROGRAM FOR SCHOOL NURSES

Saturday, October 2, 2021

8:00 AM – 3:50 PM (ET)





Virtual

This program will be LIVE, and will not be available online after the program.



LEARNING OBJECTIVES

Upon completion of this program, participants will be able to:

-  Describe the etiology and pathophysiology of both type 1 and type 2 diabetes in youth
-  Identify current treatment plans and tools utilized in the management of diabetes in children and adolescents and apply them to the school setting
-  Review the role food and nutrition play in the management of diabetes
-  Describe factors influencing, and methods to maintain, glucose management during exercise and physical activity for youth with diabetes

SCHEDULE

Welcome	8:00-8:15 AM
Etiology & Pathophysiology of Type 1 and Type 2 Diabetes	8:15-9:15 AM
Integrating Diabetes Management Plans into the School Day	9:15-10:15 AM
<i>Break</i>	10:15-10:30 AM
Managing Exercise During the School Day	10:30-11:00 AM
Healthy Nutrition and Carbohydrate Counting: What You Need to Know!	11:00-12:00 PM
Lunch	12:00-12:30 PM
Breakout Session-1	12:30-1:30 PM
Breakout Session-2	1:30-2:30 PM
<i>Break</i>	2:30-2:35 PM
Breakout Session-3	2:35-3:35 PM
Q&A, Closure	3:35-3:50 PM

CONTENTS

Lectures:

1. Etiology & Pathophysiology of type 1 and type 2 diabetes
 - Incident rates of type 1 and type 2 diabetes
 - Prevalence of type 1 and type 2 diabetes in children
 - Imbalance in dietary intake and energy expenditure leading to childhood obesity
 - Interaction of genetic susceptibility and environmental exposures leading to type 1 diabetes
 - Diagnosis
 - Signs and symptoms goals of therapy
2. Integrating Diabetes Management Plans into the School Day
 - Insulin and insulin regimens
 - Delivery systems
 - Blood glucose monitoring
 - Hyperglycemia
 - Hypoglycemia
 - Treatment of blood glucose ketone testing
3. Healthy Nutrition and Carbohydrate Counting: What You Need to Know!
 - Goals of nutrition therapy
 - Healthy heart eating
 - Carbohydrate counting
 - Label reading
4. Managing Exercise during the School Day
 - Effect of aerobic and anaerobic exercise on blood glucose
 - Changes in insulin sensitivity related to time of day and previous exercise
 - Increasing carbohydrate vs. decreasing insulin
 - Situations when is it safe to exercise

Breakout sessions: [Choose 3 Breakout sessions you want to attend](#)

- ✿ Food at school: School lunches, Parties, & Special Treat
 - Portion sizes
 - Carbohydrate counting
 - School lunches: “Brown bag”, School lunch
 - Parties and special events: Food, Planning, Diabetes management
- ✿ School Planning: Diabetes Management Plans, 504s, and IEPs
 - Goals of school plans
 - Types of plans: DMMP, 504, IEP
 - Student examples
 - Resources
- ✿ Insulin Pumps, Meters, & Other Technologies
 - Who’s pumping

- Advantages and disadvantages
- Goals of pump therapy
- Types of insulin pumps
- Calculating insulin doses

✿ Beyond Medical Management: Psychosocial Challenges in Youth with Diabetes

- Describe challenges for youth with diabetes
- Strategies for dealing with challenges
- Diabetes burnout
- School issues
- Peer issues
- Case studies

✿ Common Dilemmas and Solutions in Diabetes Management

- Causes of poor glycemic control
- Falsification of blood glucose data
- Insulin omission
- Adult supervision
- Family stressors
- Problem solving
- Family support
- Diabetes burnout (medical perspective)

REGISTRATION: <https://joslinsnpf2021.eventbrite.com>

\$135.00 per person

- ✚ Price includes 6.75 contact hours certificate and program materials.
- ✚ Registration is due by Wednesday, September 29, 2021.
- ✚ Please contact SNP-CC@joslin.harvard.edu for Purchase Order registration.
- ✚ No refund will be made for cancellation after Wednesday, September 29, 2021 and no-show.
- ✚ Late registration-between 9/30/21 and 10/1/21 is \$140. No refund is available.
- ✚ Registration will be closed at Friday, October 1 at noon (ET).

CONTACT HOURS

This nursing continuing professional development activity was approved by the American Nurses Association Massachusetts, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. 6.75 Contact Hours will be provided by completing this entire program.

In order to receive the 6.75 contact hours, you need to stay for the entire program. No partial credit will be provided.

QUESTIONS?

For more information, please visit our website:
www.joslin.org/SchoolNursesEducationProgram

Email: SNP-CC@joslin.harvard.edu