



DIABETES EDUCATION PROGRAM FOR SCHOOL NURSES

Saturday, March 26, 2022

8:00 AM – 3:50 PM





Virtual

\$135.00 per person

This program will be Virtual-live. The recorded program will not be available.

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

AGENDA

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
Break	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
Beyond Medical Management: Psychosocial Challenges in Youth with Diabetes	12:30-1:30 PM
Common Dilemmas and Solutions in Diabetes Management	1:30-2:30 PM
Break	2:30-2:35 PM
Insulin Pumps, Meters, & Other Technologies	2:35-3:35 PM
Q&A, Closure	3:35-3:50 PM

CONTENTS

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 regiments
 - Delivery systems
 - Blood glucose monitoring
 - Treatment of blood glucose ketone testing
 - Hyperglycemia
 - Hypoglycemia
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
5. 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
6. Common Dilemmas and Solutions in Diabetes Management
 - Causes of poor glycemic control
 - Falsification of blood glucose data
 - Insulin omission
 - Adult supervision
 - Diabetes burnout (medical perspective)
 - Family stressors
 - Problem solving
 - Family support
7. Insulin Pumps, Meters, & Other Technologies
 - Who's pumping
 - Advantages and disadvantages
 - Goals of pump therapy
 - Types of insulin pumps
 - Calculating insulin doses

ONLINE REGISTRATION: <https://joslinsnp2022spring.eventbrite.com>

\$135.00 per person

- ✚ Price includes CEU certificate and program materials.
- ✚ Full payment is required upon registration.
- ✚ Registration must be completed by Wednesday, March 23.
- ✚ Cancellation before Wednesday March 23 is available for refund after \$25 processing fee.
- ✚ No refund will be made for cancellation after Wednesday, March 23 and no-show.
- ✚ Registration after Wednesday, March 23 is \$140. No refund is available.

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.

No partial credit will be awarded. In order to receive contact hours, attendees must sign in and stay for the entire program.

QUESTIONS?

For more information, please visit our website:

Email: SNP-CC@joslin.harvard.edu Phone: 617-309-4530

<http://joslin.org/SchoolNursesEducationProgram>

