

# DIABETES AWARENESS

COURSE CONTENT OVERVIEW



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TRAINING

This e-learning course has been designed to provide you with an awareness of the different types of diabetes and how the condition is managed on a day-to-day basis. It will educate you about how diabetes is treated, about the long-term and short-term risks diabetics face, and how diabetes affects a person's daily life.

The course is suitable for anyone who will be providing support to a diabetic person, whether you are a healthcare professional or carer, or other individual invested in supporting a person you know with diabetes. The information contained within the course enables you to better understand how diabetics can combat the challenges they face, which will in turn enable you to offer your support and help improve their overall quality of life.

### **Module One: Introduction to Diabetes**

This module begins by explaining what causes diabetes and defining the different types. It describes the symptoms people will typically experience when developing diabetes and touches upon the risks and challenges diabetics will face on a day-to-day basis.

- What is diabetes?
- What is type 1 diabetes?
- What is type 2 diabetes?
- What is gestational diabetes?
- Symptoms of diabetes
- Complications of diabetes

### **Module Two: Understanding Long-Term Complications**

This module explores in detail the damage that diabetes can cause to various organs in the body over time if the condition is not properly managed. It provides you with a general overview of how diabetics can reduce the risk of developing these problems, including the importance of annual reviews and achieving recommended targets.

- Cardiovascular disease
- Nephropathy
- Retinopathy
- Neuropathy
- Reducing the risks of long-term complications
- Recommended targets:
  - Blood glucose
  - Blood pressure
- Lipids (blood fats)

### **Module Three: Understanding Short-Term Complications**

This module thoroughly explores the short-term risks associated with diabetes: complications that could quickly become detrimental to a person's wellbeing if allowed to develop and if left untreated. It explains how these problems can be prevented, particularly by monitoring blood glucose levels and keeping them within target, and how to take action if they do occur.

- Hypoglycaemia
- Treating hypoglycaemia
- Hyperglycaemia
- Treating hyperglycaemia
- Ketoacidosis

- Treating ketoacidosis
- Hyperosmolar hyperglycaemic state
- Treating hyperosmolar hyperglycaemic state
- Illnesses
- Monitoring blood glucose

### **Module Four: Types of Treatment: Insulin and Medication**

This module looks at what kinds of treatment diabetics will use to manage their condition. It explains the difference between treating type 1 and type 2 diabetes, the various forms of insulin available to diabetics and methods of administering it, and the numerous types of medications that may be prescribed to diabetics. It also discusses some of the challenges that diabetics may face in relation to their treatment.

- What's the aim of treatment?
- How are type 1 and type 2 treated?
- Types of insulin
- Using insulin
- Types of medication:
  - Metformin
  - Sulphonylureas
  - Pioglitazone
  - Acarbose
  - DPP-4 Inhibitors
  - GLP-1 Analogues
- Medication for minimising long-term risks
- Adverse effects: insulin and medication

### **Module Five: Types of Treatment: Diet and Exercise**

This module will emphasise the importance of diabetics managing their diet and being physically active, which are as essential as taking insulin or medication. It will familiarise you with how careful consideration of their food intake enables diabetics to improve blood glucose levels and maximise treatment's effectiveness. It also stresses the importance of physical activity for reducing long-term risks and achieving better control.

- Eating well
- Counting carbohydrate
- Glycaemic index (GI)
- Keeping fit
- Losing weight

## **Module Six: Managing Everyday Life**

This module will help you understand the daily difficulties diabetes may present and discusses how they can be minimised. It explains how hypoglycaemia could be a significant risk factor for diabetics who work or who intend to drive or become pregnant. It also addresses how sexual performance or emotional wellbeing may be affected by dealing with diabetes.

- Driving
- Working life
- Pregnancy
- Sex life
- Emotional impact

## Aims of the Training

At the end of this course learners will:

- What the different types of diabetes are, how they are caused, and common symptoms of diabetes.
- The long-term complications of diabetes, such as cardiovascular disease or retinopathy, and how to prevent them.
- The short-term risks of diabetes, including hypoglycaemia and ketoacidosis, and how to prevent or treat them.
- General recommended targets for blood glucose levels, blood pressure, and lipids (blood fats).
- The importance of blood glucose monitoring.
- The various forms of treatment for diabetes, i.e. insulin, medication, diet, and exercise.
- Managing diet by counting carbohydrate and referring to foods' glycaemic index (GI).
- How diabetes impacts on a person's day-to-day life, including driving, work, pregnancy, sex life, and their emotional wellbeing.