

## ADEA Roche Educators Day - Tuesday, 27<sup>th</sup> August 2013

	SPEAKER(S)	AM SESSION (9:00AM – 12:00PM)	SPEAKER(S)	PM SESSION (1:00PM – 4:00PM)
<b>STREAM ONE</b>	<b>Prof. Trisha Dunning</b>	<p><b>Research: what is it, who does it and what is the diabetes educators' role in research?</b></p> <p>Research is a systematic process that begins with an idea and ends with a research report. Increasingly researchers develop a program of research, rather than concentrating on isolated projects. Clinicians, including diabetes educators (DE) have a role in research. The aim of the workshop is to provide an overview of the research process and its relevance to the DE role and scope of practice. During the workshop the nature of research engagement, 'levels' of research engagement and how they relate to the DEs' role will be explored.</p>	<b>Dr. Jane Overland, Brigid Knight &amp; Maxine Schlaepfi</b>	<p><b>Uncover the benefits of bolus calculators: Providing confidence and control for people on multiple daily injections</b></p> <p>Multiple daily injection (MDI) therapy is the standard for people with type 1 diabetes and insulin dependent type 2 diabetes – the goals of therapy to improve long-term glycemic control and minimise daily glucose fluctuations. Although MDI is associated with considerable clinical benefits, regimens are complex and many patients with diabetes struggle to adhere to them. Non-adherence to MDI can cause clinical and economic consequences. As a result, there is a need for devices that may help patients on MDI regimens to better manage their diabetes and psychosocial outcomes.</p> <p>This session provides background explanation of bolus calculators, identifying suitable patients, scope of practice for a CDE and hands-on product training of the Accu-Chek<sup>®</sup> Aviva Expert system for fixed and flexible therapies.</p> <p><b>Note:</b> This session runs from 1:00PM to 4:30PM</p>
<b>STREAM TWO</b>	<b>Dr. Anton Harding &amp; Victoria Stevenson</b>	<p><b>Sick Day Management in Diabetes</b></p> <p>This workshop will keep you abreast of the current consensus and guidelines on creating and implementing a sick day management plan. Understand the clinical evidence supporting the local and International sick day management guidelines and learn more about a new Australian review on the effectiveness of ambulatory ketone monitoring to prevent DKA. The findings will guarantee to challenge your current thinking.</p>	<b>Dr. Anton Harding &amp; Victoria Stevenson</b>	<p><b>Sick Day Management in Diabetes</b></p> <p>This workshop will keep you abreast of the current consensus and guidelines on creating and implementing a sick day management plan. Understand the clinical evidence supporting the local and International sick day management guidelines and learn more about a new Australian review on the effectiveness of ambulatory ketone monitoring to prevent DKA. The findings will guarantee to challenge your current thinking.</p> <p><b>Note:</b> This is a repeated session</p>

<b>STREAM THREE</b>	<b>Dr. Heather Bridgman &amp; Dr. John Mercer</b>	<p><b>Transitioning teens with type 1 diabetes: the challenges and opportunities in collaborative care</b></p> <p>Young adults with diabetes face even more complicated decisions than their healthy peers. This workshop provides an understanding of the psychosocial functioning and barriers impacting upon holistic diabetes management within the adolescent to young adult transition period. Practical strategies will be explored in the workshop to assist you in supporting young adults through this challenging developmental journey.</p>		<p><b>No Sessions</b></p>
<b>STREAM FOUR</b>	<b>Michael Porter &amp; Dr. Kate Marsh</b>	<p><b>Managing mealtime insulin for people with type 2 diabetes</b></p> <p>It is estimated that around half of people with type 2 diabetes will need insulin within 10 years of diagnosis. However, if insulin is started early enough and is used appropriately, patients on insulin have a marked decrease in complications. This workshop offers practical guidance on managing mealtime insulin for your patients with type 2 diabetes.</p>	<b>Assoc. Prof. Roger Chen &amp; Mr. Simon Rosenbaum</b>	<p><b>Starting Insulin - When and how to and When and how not to</b></p> <p>Patients with type 2 diabetes can often be managed with lifestyle modification, oral hypoglycaemic agents or GLP receptor analogues. Later, many patients reach a point at which insulin therapy becomes essential due to beta cell insufficiency.</p> <p>Whether to start insulin therapy and which regimen to use, depend on a number of factors which can be complex. These include non-adherence to or lack of knowledge of what constitutes lifestyle change. Other factors may include depression and disorders of circadian rhythms. This workshop, led by A/Prof Roger Chen and Simon Rosenbaum, exercise physiologist provides guidance on when and how to &amp; when and how not to start insulin for people with type 2 diabetes. Factors contributing to poor glycaemic control will also be discussed.</p>

**STREAM  
FIVE**

**Jayne  
Lehmann**

**Diabetes, disability and general health  
literacy of Australians: A focus on success**

Credentialed Diabetes Educator Jayne Lehmann has developed a range of resources and techniques that she will share during this workshop to inspire you to improve your own outcomes in the diabetes education of people with low health literacy. It is a challenging area of diabetes education practice, but with knowledge comes understanding and with understanding comes opportunity. A presentation will cover some of the issues we face in educating people with communication and intellectual capacity challenges, and Jayne will share examples of her work using case studies to illustrate what is possible. Then an interactive workshop will give you the chance to explore, with your colleagues, how to design a plan of care and use some innovative ideas to better equip you to improve the diabetes care and health outcomes for this group of people. This is a hands-on and fun workshop that will change your thinking about the self care potential of people with disabilities.

**Prof. Stephen  
Colagiuri &  
Dr. Hilton  
Shapiro**

**Identifying Post Meal Hyperglycaemia - An important risk  
factor for cardiovascular disease**

While the traditional focus has been on lowering HbA1c, with a strong emphasis on fasting glucose, there is a growing body of evidence that suggests post-meal hyperglycaemia is a stronger predictor of cardiovascular events.

In this workshop, Prof. Stephen Colagiuri and Dr. Hilton Shapiro look into the treatment recommendations set-out by the *2011 Guideline for Management of PostMeal Glucose in Diabetes* and the important role of self-monitoring of blood glucose in identifying post-meal hyperglycaemia.