

Diabetes in the 21st Century

Seminar Overview

Are you interested in teaching your patients about diabetes, but find it difficult to keep pace with the latest advances in diabetes care? Then consider attending this all day program that synthesizes the critical elements of diabetes care and education.

Through dynamic presentations and case studies, we will provide you with creative strategies to succeed at teaching in today's fast paced health care environment. In addition, small group activities allow participants to improve clinical confidence and diabetes problem solving skills.

Our goal when developing this seminar was to include as many diabetes clinical "pearls" as possible, so participants leave the seminar feeling more empowered and confident advocating for excellence in diabetes care.

Fees and Accreditation

Nurses Provider approved by the California Board of Registered Nursing, Provider #12640 for 7.5 contact hours. Approved for 6.5 CPE II for Registered Dietitians by the Commission on Dietetic Registration.

Registration Fee: \$45 for Adventist Health employees; \$89 for non-employees – includes lunch, syllabus and certificate.

Diabetes in the 21st Century - Course Outline

7:30 – 8:30am – Check-in

8:30 – 10:00 am - Overview

- Current State of Diabetes
- Types of Diabetes
- Who's at Risk - Diagnostic Criteria
- Insulin Resistance and Metabolic Risk

10:15 – 11:30 am – Goals/Prevention

- Prevention and Wellness
- Educational Strategies that Work
- Getting to Goal - Control Matters

12:30 – 2:30 pm – Hospital Care, Survival Skills, Eating Healthy

- Managing Hyper in the Hospital
- Lower Extremity Care
- Improving Health through Nutrition

2:45 – 4:00 pm – Insulin Therapy and Pattern Management

- Insulin – the Natural Hormone
- Adjusting Insulin to Get to Goal
- Choosing the Right Med Combo for the right patients.

Course Location

Cloverdale Performing Arts Center
209 N Cloverdale Blvd.
Cloverdale, CA 95425

Who Should Attend?

This course is designed for all health care professionals including providers, nurses, dietitians, pharmacists and educators who want to:

- Get re-energized about diabetes care and education
- Enjoy a comprehensive and reality based review of "the basics and beyond" of diabetes management.
- Keep abreast of the rapidly changing strategies in diabetes management
- Refine their skills and improve competencies in diabetes problem solving.
- Learn practical approaches to educating patients about diabetes self-management.

Course Faculty:

Beverly Thomassian, RN, MPH, CDE, BC-ADM

Beverly is a nurse entrepreneur, educator and clinician with a passion to improve diabetes care. She has a special knack of translating complex diabetes information into understandable terms that can be immediately applied in the clinical setting.

She also believes that learning about diabetes should be meaningful and fun so participants leave feeling re-energized and excited about diabetes education.

Registration

To assure your space, please register by March 10th

- I want to attend Diabetes in the 21st Century Program on March 17, 2016. Enclosed is my payment for \$89.
- I am an Adventist Health Employee. Enclosed is my payment for \$45.

Name _____

Profession _____

Home Address _____

City _____

State _____ Zip _____

Ph # _____

Email: _____

Payment

Check made payable to **UVMC Nurse Education Fund**



Mail check and completed registration form to:

Brenda Hoek
UVMC Diabetes Education
275 Hospital Drive, Ukiah CA 95482

Questions: Contact Brenda Hoek at 707-489-3938

Lunch & Refreshments Included.

Please make your selection:

- Vegetarian
- Vegan
- Gluten-free
- Chicken

This program is presented to all healthcare professionals in Northern California in memory of Nancy Lee Wachs and her friend Debbie Laseter; both nurses who had diabetes. Each found meaning and fulfillment in honing the art of nursing both in sickroom and schoolroom.

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Thank you for continuing their work by helping people live well with diabetes.

Diabetes in the 21st Century

Presented by



**Beverly Thomassian,
RN, MPH, BC-ADM CDE**



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7.5 CEUs