

# ★ Diabetes in the 21<sup>st</sup> 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: \$60 for Torrance Memorial Medical Center employees; \$75 for non-employees** – includes lunch, syllabus and certificate.

## Diabetes in the 21<sup>st</sup> Century - Course Outline

### 8:00 – 8:30 am – Check-in

### 8:30 – 10:00 am - Overview

- From Beta Cells to Gut Hormones
- Diabetes – Natural History
- The Silent Epidemic
- Who's at Risk - Diagnostic Criteria
- Insulin Resistance and Metabolic Risk

### 10:15 – 11:30 am - Mgmt Goals/ Meds

- Educational Strategies that Work
- Getting to Goal - Control Matters
- Feet Can Last a Lifetime

### 12:30 – 2:30 pm - Insulin Patterns and Special Situations

- Insulin – the Natural Hormone
- Medications for Type 2
- Improving glucose through medication adjustments

### 2:45 – 4:00 pm - Nutrition / Survival Skills

- Healthy Eating with Diabetes
- Hospital care, acute complications, survival skills... putting it all together.

## Course Location

Torrance Memorial Medical Center  
Health Conference Center  
3330 Lomita Boulevard  
Torrance, CA 90505

## Who Should Attend? ★

Registered nurses, dietitians, educators and MAs who want to:

- Enjoy a comprehensive review of “the basics and beyond” of diabetes.
- 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 care.

## Course Faculty:

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

Beverly is an author, nurse, educator and



clinician with a passion for diabetes management. As a nationally recognized speaker and consultant for over 15 years, Beverly currently serves as a diabetes program manager and assistant clinical professor at UC San

Francisco. As founder and President of Diabetes Educational, she realizes that diabetes is a condition of the mind, body and spirit. “Our courses reflect and integrate this philosophy. Our goal is to provide practical information that incorporates not only the science, but also the **heart of diabetes.**”

**Registration**

To assure your space, please register by October 17, 2012.

I want to attend Diabetes in the 21<sup>st</sup> Century Program on October 26, 2012. Enclosed is my payment for \$75.

I am a Torrance Memorial Medical Center Employee. Enclosed is my payment for \$60.

Name \_\_\_\_\_

Profession \_\_\_\_\_

Home Address \_\_\_\_\_  
\_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Ph # \_\_\_\_\_

Email: \_\_\_\_\_

**Payment**

Check made payable to TMMC



**Mail check and completed registration form to:**

**Jeanne Hannah**

**Clinical Education**

**Torrance Memorial Medical Center**

**3330 Lomita Boulevard, Torrance CA**

**90505**

**Diabetes in the 21st Century**

*Presented by*

**Beverly Thomassian, RN, MPH, CDE**



**October 26, 2012  
Torrance Memorial  
Medical Center**

**7.5 CEUs**