

# **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:**

**No charge for SJMC employees**

**Non-employees \$35**

*lunch, syllabus and certificate included*

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

### **7:30-8AM Check-in**

### **8-10AM Overview**

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

### **10:15-11:30AM Management Goals/Meds**

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

### **12:15-2:15PM Eating Healthy & Insulin Patterns**

- Healthy Eating with Diabetes
- Insulin – the Natural Hormone
- Adjusting Insulin to Get to Goal

### **2:30-3:30PM Medications & Survival Skills**

- New Meds for Type 2, acute complications and survival skills... putting it all together.

## **Course Location**

St. John's Medical Center  
Jackson, WY  
Moose/Wapiti Classroom

## **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 at  
*Diabetes in the 21<sup>st</sup> Century*  
Please register by November 17, 2014

- I would like to attend
- I am a SJMC Employee

## Payment: \$35 for non-employees

Name \_\_\_\_\_

Profession \_\_\_\_\_

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

City \_\_\_\_\_

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

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

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

Make check payable to SJMC Education



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

**St. John's Medical Center-Education  
ATTN: Vicki Rosenberg  
P.O. Box 428  
Jackson, WY 83001**

# Diabetes in the 21<sup>st</sup> Century

*Presented by*



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



**November 24, 2014  
St. John's Medical Center  
Jackson, Wyoming**

**7.5 CEUs**