



# *Certificate of Participation*

*Thank you for your participation in the:*

*Basic Diabetes Workshop  
for Healthcare Professionals (4.5 hrs)*

*offered by the  
Endocrinology and Metabolism Program,  
Calgary zone of Alberta Health Services, on:  
October 4, 2023*

Four handwritten signatures in black ink, positioned above a horizontal line.

*Dr. J. McKeen (Medical Director)  
B.Madrack, D.Dyjur, S.Bender (Education Consultants)  
Diabetes Centre Calgary, Endocrinology & Metabolism Program  
Alberta Health Services, Calgary zone*

# **Basic Diabetes Workshop for Healthcare Professionals**

Presented by:

Dr. Julie McKeen, Diabetes Centre Calgary, Medical Director

Bev.Madrack@ahs.ca, Dave.Dyjur@ahs.ca, Shelley.Bender@ahs.ca, Education Consultants

Endocrinology & Metabolism Program, Calgary Zone, Alberta Health Services

Via Zoom Link 0800 to 1230 hrs

## **AGENDA**

### **WELCOME**

### **PATHOPHYSIOLOGY, DIAGNOSIS AND TREATMENT OVERVIEW**

### **AGENDA-SETTING WITH CLIENTS**

### **ASSESS & DETERMINE**

GLYCEMIC TARGETS, CONTROL & PRIORITIES

ASSESS AND DETERMINE COMPLICATIONS

### **ADVISE AND ASSIST**

CLIENT CENTERED COUNSELING

DIABETES MEDICATIONS

SELF BLOOD GLUCOSE MONITORING - SBGM

OVERVIEW OF LIFESTYLE MANAGEMENT OPTIONS

NUTRITION

PHYSICAL ACTIVITY

PSYCHOSOCIAL FACTORS INCLUDING STRESS MANAGEMENT

### **AGREE ON GOALS**

### **ARRANGE FOLLOW-UP**

### **PUTTING IT ALL TOGETHER**