

Continuing professional development

# Understanding Diabetes

Our informative workshop will benefit anyone with an interest in diabetes, from professional healthcare staff to people living with the condition and their carers

## Two-day workshop

### About the course

#### Day 1

##### Introduction to diabetes

- Prevalence, risk factors and altered physiology
- Living with diabetes (patients' experience) and life style interventions
- Diet and exercise

#### Day 2

##### Monitoring and treatment

- Blood glucose meters
- Oral medications and insulin
- Management of acute and long-term diabetic complications

### How you'll learn

We'll use a range of methods during the workshops:

- Lectures
- Small group discussions
- Practical sessions in the skills lab
- Video presentations & quizzes

### Who should attend

This workshop will benefit anyone with either a professional or personal interest in diabetes - from nursing staff, healthcare assistants and care technicians, to those people living with diabetes, or their families and carers.

### Dates

#### Cambridge

12-13 March 2019, 10:00-17:00

#### Chelmsford

18-19 March 2019, 09:00-16:00

### Further information

#### Robert Priharjo

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#### CPD Admissions team

Tel: 01245 686868

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### Cost

£250

### Apply online

<http://www.anglia.ac.uk/study/professional-and-short-courses/understanding-diabetes-workshop>

### NHS funding

Ask your Manager or Education Lead if you are eligible for NHS funding, before you apply.