

## How Sweet It Is – Type 2 Diabetes Update Seminar Program

Saturday 18<sup>th</sup> February 2017

### Learning Outcomes

At the end of the Seminar, participants will be able to:

- Describe the latest evidence base in the diagnosis and management of Type 2 diabetes;
- List the dietary guidelines recommended for type 2 diabetes;
- Describe how to interpret blood glucose level results for optimum management
- Perform a comprehensive foot assessment on a person with type 2 diabetes
- Describe the appropriate referral pathways for a person with type 2 diabetes to ensure patient safety

8.30 am	Registration
9am	Introduction and welcome
9.05am - 10.20am	Latest Evidence in the Diagnosis, Assessment and Current Management of Type 2 Diabetes Professor Peter Clifton, General Physician, MBBS, B Med Sci, PhD, FRAC
10.20am - 10.30am	Diabetes SA
10.30am – 10.45am	Morning tea
10.45am - 11.45am	Dietary Guidelines for Type 2 Diabetes Management Themis Chryssidis, Dietitian
11.45am – 12.45pm	Cooking Demonstration and preparation by all participants Callum Hann and Themis Chryssidis
12.45pm – 1.15pm	Lunch
1.15pm – 2.00pm	Blood glucose monitoring and interpretation of results (practical) Rachel Woods, Credentialed Diabetes Educator
2.00pm – 2.45pm	Transitioning from Oral Medication to Insulin (practical) Rachel Woods, Credentialed Diabetes Educator
2.45pm – 3.00pm	Afternoon Tea
3.00pm – 4.00pm	Foot assessment for patients with Type 2 diabetes (practical) Megan McAuley, Podiatrist
4.00pm – 4.15pm	Questions and Evaluation