

How Sweet It Is: Type 2 Diabetes Update

Saturday, 15th September 2018

Learning Outcomes

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

8.30 am	Registration
9.00am	Introduction and welcome
9.10-10.10am	Latest Evidence in the Diagnosis, Assessment & Current Management of Type 2 Diabetes Dr Elaine Pretorius, <i>Endocrinologist and General Physician</i>
10.00-10.30am	Dietary Guidelines for Type 2 Diabetes Management Themis Chryssidis, <i>Dietitian</i>
10.30-10.45am	Morning Tea
10.45-11.15am	Dietary Guidelines for Type 2 Diabetes Management Themis Chryssidis, <i>Dietitian</i>
11.15-12.00pm	Cooking Demonstration & Preparation by All Participants Callum Hann and Themis Chryssidis
12.00-12.30pm	Lunch
12.30-1.15pm	Lifestyle Modification Programs Reuben Vanderzalm, <i>Accredited Exercise Physiologist</i>
1.15-1.45pm	Blood Glucose Monitoring and Interpretation of Results Jayne Lehmann, <i>Credentialed Diabetes Educator</i>
1.45-2.30pm	Transitioning from Oral Medication to Insulin Jayne Lehmann, <i>Credentialed Diabetes Educator</i>
2.30-2.45pm	Afternoon Tea
2.45-3.45pm	Foot Assessment for Patients with Type 2 Diabetes Lynne Corbett, <i>Podiatrist</i>
3.45-4.00pm	Questions and Evaluation