

Appendix

Diabetes Education : a two-week training schedule

Days	Lecture	Lecture	Lecture	Skills	Attitude
	9:30 – 10:30	10:30 – 11:30	11:30 – 12:30	2:00 – 3:30	3:30 – 5:00
Monday	Introduction - Objectives - Process - Outcome	What is Diabetes? Causes of diabetes Whom to screen	Classification Clinical symptoms Diagnosis	Procedure for oral GTT Interpretation Urine, blood tests	Education Techniques
Tuesday	Management goals	Nutrition Principles Type I vs II Exchanges	Exercise - Physiological effect - Techniques - Precautions	Anthropometry Meal Planning Restoring normal Weight	Eating Disorders Behaviour modification
Wednesday	OHA Mode of action Time of administration Side effects	Insulin I Pancreas Insulin physiological effects	Insulin II Starting Insulin Dose calculation Delivery system	Insulin injection Technique Sites, Rotation Storage	Adherence (compliance)
Thursday	Hypoglycaemia Causes Recognition Treatment	Diabetic Ketoacidosis Causes Management Complications	Infection, sites, Symptoms Treatment	Use of glucometer Urine test for ketones Interpretations of results	Blood glucose Home monitoring Effect on control
Friday	Monitoring Weight BP, HbA _{1c} Lipids	Sick day rules	Travelling, Holidays Eating out	Survival kit Use of glucagons First aid	Dairy record keeping Targets to achieve
Saturday	ASSIGNMENT	Survival education Naturalization education			

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	9:30 – 10:30	10:30 – 11:30	11:30 – 12:30	2:00 – 3:30	3:30 – 5:00
Monday	Chronic complications Causes Manifestations	Cardio-vascular disease Hypertension	Cerebro-vascular Peripheral vascular Diabetic Foot	Screening for chronic Complications Test Microalbuniuria Record BP	Life style Leisure activity Relaxation Techniques
Tuesday	Kidney Microalbuinuria Clinical Nephropathy ESRD	Eyes Retina Cataract Others	Nerves Neuropathy	Foot care Skin care Dental care	Tertiary care Rehabilitation
Wednesday	Preconception care Gestational diabetes Management Follow-up	Pregnancy and diabetes Management Care of new born	Surgery and diabetes	Annual Review Components	Empowerment (Self efficiency)
Thursday	Diabetes and children Special problems Growth, thyroid	Adjustments in family Schools, Career choice	Drug interactions Alcohol Drugs	Organisation of group activities, camps, community resources	Evaluation of education components of continuing education
Friday	Psychological changes Cognitive function Depression	Economic problems relating to diabetes	Learning source material, literature, magazines, videos	Counselling (communication skills) Empathy	Quality of life Constituents
Saturday	SELF ASSIGNMENT (problem solving exercises)				