

Diabetes awareness to support people with mental health conditions

On **16th June 2022** at 9am – 1pm

Free to attend, live and online

Delivered by Anne Goodchild, DSN

Course overview

- Non diabetic hyperglycaemia and depression
- Young onset type 2 diabetes and psychotic illness
- Type 1 diabetes and dementia
- Day-to-day living choices: the foundation of the treatment pathway
 - Carbohydrate awareness - patient resource
- Key messages: cardiovascular: lipid, BP and chronic kidney disease screening and management
- Working through the hyperglycaemia treatment pathway. Along the way we will consider:
 - National, international and local guidelines
 - Individual target setting
 - DVLA medical guidelines for Type 1 and Type 2 diabetes
 - Appropriate blood glucose monitoring
 - Hypoglycaemia risk / education / management.
- Illness management
- Orientation to the self-directed learning (Foot assessment and service delivery self-directed learning)

Course aims

- Increase understanding about nondiabetic hyperglycaemia, type 2 diabetes and type 1 diabetes including care pathway from diagnosis, self-care requirements, ongoing annual screening and appropriate treatment options.
- Explore how healthcare workers can recognise the link between mental health conditions and increased risk of diabetes and the importance of screening for type 2 diabetes (including common symptoms related to high blood glucose levels).
- Explore how healthcare workers can support people with mental health conditions to engage with diabetes services, act as advocates helping to understand and explore the services, work towards effective self-care or understanding when support is required.
- Appreciate that the participants will have a varied experience in the treatment and management of diabetes. Previous learning is valued, shared and utilised. Participants will be encouraged to take an active, analytical role.

Criteria to apply

- For mental health nurses and mental health social workers.
- Available to attend from 8.50, programme start 9.00, finish 13.00.

Application

Please contact admin@pitstopdiabetes.co.uk to register and state you name, role, place of work and email

You will be emailed a resource pack, including a workbook, to print and use during the course.

www.pitstopdiabetes.co.uk