

What You May Not Know About the Diabetic Patient

Satellite Conference and Live Webcast

Wednesday, February 11, 2009 • 2:00-4:00 p.m. (Central Time)
3:00-5:00 p.m. (Eastern) • 1:00-3:00 p.m. (Mountain) • 12:00-2:00 p.m. (Pacific)

Unless you are actually living with diabetes, chances are there's a lot you don't know about this disease. For instance, did you know that people with diabetes can eat chocolate and sweets, as long as they're eaten as part of a healthy meal plan or combined with exercise? That's just one of the many misconceptions floating around out there about the disease, and while I'm sure you know diabetics need to follow a strict and special diet, did you also know that doing so can be affordable and healthy?

Knowing how to properly care for a diabetic patient, like most things, starts with understanding the disease. Diabetes is a disease in which the body does not produce or properly use insulin, a hormone our bodies use to convert sugar, starches and other food into energy. There are several types of diabetes. The most common are type 1, where the body fails to produce insulin and type 2, where the body does not properly use insulin. Other types include gestational diabetes and pre-diabetes. 23.6 million children and adults in the United States have diabetes, nearly 6 million of them are unaware that they carry the disease.

Managing diabetes can often times be a complicated task for patients and care providers. If treatment is mishandled, the disease can lead to complications and sometimes even death. While the different types of diabetes each call for different treatment regimens, all diabetics must watch their diet. We all know watching what we eat and planning healthy meals is not only challenging, but also boring and expensive for some people, especially those who are cared for in the home. Our goal is to provide information about diabetes, appropriate food choices and preparation, and useful resources. This way, not only will you know what medical conditions to be aware of, but you can also advise patients on how to prepare low cost, healthy and flavorful meals.

Diabetes can not be cured, but it can be managed successfully. Make sure you're helping your patients live with the best care possible.

FACULTY:

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PROGRAM OBJECTIVES:

1. Understand diabetes and complications associated with diabetes.
2. Discuss new pharmacologic therapies in diabetic treatment.
3. Learn how to plan and prepare healthy, low cost meals for diabetics.
4. Know what to look for on labels to identify food ingredients.
5. List three resources available to low income clients for food assistance.

CONFERENCE DETAILS:

Target Audience: Registered nurses, licensed practical nurses, social workers, nutritionists, any medical professional who cares for diabetic patients.

Registration: www.adph.org/alphtn

Cost: There is no cost to view.

Continuing Education: Approved: nurses, social workers, nutritionists

Satellite Technical Information: This program will be a live satellite broadcast on C band (analog).

Webcast Information: This program will be a live webcast, register at www.adph.org/alphtn • To view webcast, you need RealPlayer or Windows Media Player. Test your computer before the day of the program from the "test connection" link at www.adph.org/alphtn • On the day of the program, go to www.adph.org/alphtn & click on the "view webcast" link. This program will be available for On Demand viewing within two business days.

Audio Conference: This course will be available as an audio conference. Call: 1-866-941-6093.

Conference Materials: Posted on our website approximately one week before the program for registered participants.

Questions For Faculty: Fax or email questions and a response will be given during the program.

Email: alphtnquestions@adph.state.al.us • Fax: 334-206-5640.

Conference Details Questions: Call: 334-206-5618 | Email: alphtn@adph.state.al.us

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