

OVERVIEW OF “DIABETES MELLITUS: REVISITED” SKILLS COURSE

A/Prof Goh Lee Gan

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INTRODUCTION

The effective management of Type II diabetes mellitus requires an up-to-date understanding and knowledge of therapeutic regimens, insulins, oral hypoglycaemic agents, non-pharmacological measures, targets of control, patient-centred care, as well as a preventive focus. This skills course will revisit these aspects of diabetic care.

COURSE OUTLINE AND CME POINTS

This skills course is made up of the following components. You can choose to participate in one or more parts of it. The CME points that will be awarded are also indicated below.

Components and CME Points

- κ Distance Learning Course – 6 units (1 CME point per unit)
- κ 2 Seminars (2 CME points per seminar)
- κ 2 Workshops (2 CME points per workshop / attend only 1 workshop)
- κ Reading papers on DIABETES MELLITUS: REVISITED” – read 5 out of 10 recommended journals (max. of 5 CME points for the whole CME year)

Distance Learning Course

- Unit 1 Initial Steps in Effective Management of Diabetes Mellitus
Dr Melvin Leow Khee Shing
- Unit 2 Psychosocial Aspects of Diabetes Care – Lessons from the DAWN Study
Soren E. Skovlund
- Unit 3 Target for Control in Diabetes Mellitus
Dr Loh Keh Chuan
- Unit 4 Insulin Therapy
A/Prof Sum Chee Fang
- Unit 5 Foot Care
Dr Lim Hwee Boon
- Unit 6 Updates on Diabetes Care
Dr Kevin Tan Eng Kiat

GOH LEE GAN, Associate Professor, Department of Community, Occupational and Family Medicine, Yong Loo Lin School of Medicine, National University of Singapore
Senior Consultant, Institute of Family Medicine, College of Family Physicians Singapore

COURSE TOPIC DETAILS

Unit 1 : Initial Steps in Effective Management of Diabetes Mellitus

- κ Introduction
- κ Lifestyle
- κ Diet
- κ Medications

Unit 2 : Psychosocial Aspects of Diabetes Care – Lessons from the DAWN Study

- κ Summary of the Findings from the DAWN Study
- κ Practical Implications of the DAWN Study

Unit 3 : Target for Control in Diabetes Mellitus

- κ Blood Glucose Testing by Patients (Self-monitoring of blood glucose)
- κ Frequency of Testing
- κ Targets of Glycaemic Control
- κ Factors Modifying Glycaemic Targets

Unit 4 : Insulin Therapy

- κ Indications for Use
- κ Insulin Preparations
- κ Initiation of Insulin Therapy and Selecting an Insulin Regimen in People with Type 2 Diabetes Previously Treated with Oral Antidiabetic Agents
- κ Summary

Unit 5 : Foot Care

- κ Introduction
- κ Etiology of Diabetic Foot Problems
- κ Diabetic Foot Ulcers
- κ Classification and Types of Diabetic Foot Ulcers
- κ The Annual Diabetic Foot Screen
- κ Management of the Diabetic Foot
- κ Treatment of the Diabetic Foot Ulcer – Multidisciplinary Approach
- κ Prevention
- κ The Charcot Foot
- κ Diabetic Painful Neuropathy (DPN)
- κ The Role of the Family Physician

Unit 6 : Updates on Diabetes Care

- κ Epidemiology and Prevalence
- κ Preventing Diabetes
- κ Preventing Diabetes Complications
- κ New Therapeutic Agents
- κ Treatment Algorithms

FACE-TO-FACE SESSIONS

Seminar 1: 3 May 2008

2.00pm – 4.15pm

Unit 1 Initial Steps in Effective Management of Diabetes Mellitus

Dr Melvin Leow Khee Shing

Unit 2 Psychosocial Aspects of Diabetes Care – Lessons from the DAWN Study

Soren E. Skovlund

Unit 3 Target for Control in Diabetes Mellitus

Dr Loh Keh Chuan

Workshop 1: 3 May 2008

4.30pm – 6.45pm

Group A: Case studies:

- Preventing foot complications
- The infected foot – to treat or to refer?

Group B: Practical Skills

- Insulin pens and injection techniques

Seminar 2: 4 May 2008

2.00pm – 4.15pm

Unit 4 Insulin Therapy

A/Prof Sum Chee Fang

Unit 5 Foot Care

Dr Lim Hwee Boon

Unit 6 Updates on Diabetes Care

Dr Kevin Tan Eng Kiat

Workshop 2: 4 May 2008

4.30pm – 6.45pm

Group A: Case studies

- Preventing foot complications
- The infected foot – to treat or to refer?

Group B: Practical Skills

- Insulin pens and injection techniques