

Diabetes In Longterm Care 2010
Skilled Nursing and Assisted Living
Program Agenda
8:00-4:00

1. Understanding Diabetes

- Type 1, type 2 and prediabetes
- Diagnostic criteria for 2010
- Treatment methods
- Role of glucose monitoring
- Screening for complications
- Resident and family education

2. Nutrition (optional group exercises)

- Nutritional goals
- Nutritional assessment
- The food plan
- Carbohydrate intake
- Fuel-activity balances
- Methods of meal planning
- Sick days and special circumstances

3. Oral Medications

- Drug issues in elders
- Secretagogues
- Glucose inhibitors
- Multi-action drugs
- Combination products
- Incretin products
- Treatment algorithms

4. Injected Medications (Optional group exercises)

- Rationales for insulin
- Insulin characteristics
- Selection and titration
- Demise of the sliding scale
- Premixed products
- Injection issues
- Pens and pumps
- Incretin products

5. Hypoglycemia

- Causes and signs
- Rapid and accurate treatment
- Glucagon use
- Hypoglycemia unawareness
- Plans for avoidance, protocols

6. Monitoring

- Glucose monitoring
- Pattern interpretation
- Monitoring for complications
- A1c and what it means

7. Skin and Lower Extremity Assessment (Optional group exercises)

- Effects of diabetes, amputations
- Protective footwear
- Common skin lesions
- Diabetes LE assessment criteria