

OUTLINE

Importance of Glycemic Control – Acute Complications, Symptoms and Treatment

- Diabetic ketoacidosis (DKA)
- Hyperglycemic hyperosmolar
- Non-ketotic syndrome (HHS)
- Hypoglycemia
- Infection
- Fatigue/depression

Chronic Complications, Prevention, Identification, and Treatment

- Cardiovascular disease
- Peripheral vascular disease
- Retinopathy
- Nephropathy
- Neuropathy

Goals of Therapy

- Glucose control
- Blood pressure control
- Lipid management
- Smoking cessation
- Improved “well-being”

AADE-7® Behavioral Goals

1. Healthy eating (carbohydrate counting, balanced fat/protein/carb)
2. Being active with complications of diabetes
3. Healthy coping/stress management/ depression treatment
4. Monitoring: frequency, timing and evaluation of results
5. Risk reduction
6. Problem-solving with case examples
7. Medication: indications and Contraindications

Oral Medications

- Sulfonylureas
- Meglitinides
- Thiazolidinediones (TZD)
- Biguanides
- Alpha-glucosidase inhibitors
- DPP-4 inhibitors
- SGLT-2 inhibitors
- Incretin Mimetics
- Combinations

Injectables

- Insulin:
- Action times
 - Basal/bolus dosing
 - Benefits of insulin pump therapy
 - Management of insulin pump in the hospital
- Incretin Mimetics
- Amylinomimetics

Newer Therapies

Glucose sensors
Sensor-augmented insulin pumps

On the Horizon:

- Closed loop insulin pumps
- Improved pancreatic transplants
- Many combination pills
- More DPP-4 inhibitors
- Obesity medications
- Stem cell research

Healthy Coping/Stress Management Skills

Healthy Weight

- Genetic component
- The Obesity Paradox
- Healthy choices
- Treatment options with pros/cons
- Focus on healthy behaviors

Patient Education and Empowerment

- Techniques
- Adult learning styles
- Setting “SMART” goals
- Motivational techniques

Improving Glycemic Management In Hospitalized Patients

- Standards of care
- Goals
- Surgical considerations
- Insulin pumps in hospitalized patients
- Resources for patients and professionals

Case Studies

- Delaying onset of diabetes for at risk patient
- Choosing the best initial treatment for newly diagnosed diabetes
- How to advance therapy with optimization of oral agents
- Advancing to combination therapy
- Optimizing basal bolus insulin therapy
- Motivational techniques
- How to address weight issues
- Improving glycemic management in hospitalized patients

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2-DAY

DIABETES CERTIFICATE CONFERENCE

2-DAY

DIABETES CERTIFICATE CONFERENCE

- Master basal/bolus administration of insulin
- Easy carbohydrate counting skills
- Confidently manage the newer diabetes treatment options
- Developed by a practicing diabetes expert
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2-DAY DIABETES CERTIFICATE CONFERENCE

It is often thought that diabetes is “caused” by weight gain and that weight loss “cures” diabetes.

I’m going to share with you evidence that paves the way for a paradigm shift to more weight neutral diabetes care. I will discuss emerging evidence that supports patient motivation for healthy behaviors rather than focusing on weight loss alone. **My 2-day comprehensive training will include case studies, demonstrations, and simulations to illustrate current best practices and clinical insights to improve patient outcomes.** After all, when patients succeed, providers succeed.

I’m Laurie Klipfel, RN, MSN, ANP-BC, CDCES, WCC. I’ve been a Certified Diabetes Care and Education Specialist for over 20 years managing both inpatient and outpatient care for patients with diabetes. I’m excited about this opportunity to provide you with all the tips and strategies I’ve accrued through my own experiences with patients. Diabetes management is ever changing. It really is essential that you have a **thorough understanding of glycemic control, acute/chronic complications, AADE-7® behavioral goals and all the newer treatment options** (glucose sensors, sensor-augmented insulin pumps...).

Management of diabetes is more complex than I’ve ever seen it. And it’s more critical than ever that we all practice up-to-date, incorporating the current diabetes standards and guidelines. **Together, I am confident that we can empower patients to take control of their health and lives. Join me!**

Laurie Klipfel, RN, MSN, ANP-BC, CDCES, WCC
and the PESI Healthcare Team

OBJECTIVES

1. Determine diagnostic criteria for the different types of diabetes.
2. Evaluate the relationship between metabolic syndrome and pre-diabetes.
3. Analyze optimal treatments based on ADA Standards of Care and AADE-7® behavioral goals.
4. Appraise the basal/bolus concept of insulin administration including various insulin administration schedules.
5. Assess for prevention/treatment techniques for acute and chronic complications.
6. Integrate evidence-based research to focus on healthy behavior rather than weight loss.
7. Plan to address tight glycemic control, including management strategies during illness or surgery.
8. Determine what to do when a patient is wearing an insulin pump.
9. Analyze motivational techniques to assist patients to progress.
10. Distinguish the benefits of new treatment therapies.
11. Analyze basal/bolus administration of insulin and how to adjust insulin dosages.
12. Plan to improve patient outcomes through evidence-based strategies.



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MEET YOUR SPEAKER

Laurie Klipfel, RN, MSN, ANP-BC, CDCES, WCC, has been a Certified Diabetes Care and Education Specialist for over 20 years managing both inpatient and outpatient care for patients with diabetes. She has managed several hospital ADA-recognized diabetes education programs, is a Board Certified Adult Nurse Practitioner with a specialty in endocrinology and has a certification in wound care.

Laurie is a member of the American Association of Diabetes Care and Education Specialists and past president of her local chapter. She is a certified insulin pump trainer and has published articles on use of insulin pumps for hospitalized patients. Her practical patient experiences, supported by clinical knowledge, provide a blend of information on how to treat diabetes today.

Speaker Disclosure:

Financial: Laurie Klipfel has an employment relationship with St. Clare Hospital. She receives an honorarium from the American Association of Diabetes Educators. Ms. Klipfel receives a speaking honorarium from PESI, Inc.
Non-financial: Laurie Klipfel is a member of the Association for Size Diversity and Health (ASDAH).

Live Webinar Schedule - both days (Times listed in Eastern)

- 8:00** Program begins
- 11:50-1:00** Lunch Break
- 4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

Target Audience:

Nurses • Nurse Practitioners
Clinical Nurse Specialists • Dietitians
Certified Diabetes Care and Education Specialists
Physician Assistants • Pharmacists

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