

★ Diabetes in the 21st Century

Seminar Overview

Are you interested in teaching your patients about diabetes, but find it difficult to keep pace with the latest advances in diabetes care? Then consider attending this all day program that synthesizes the critical elements of diabetes care and education.

Through dynamic presentations and case studies, we will provide you with creative strategies to succeed at teaching in today's fast paced health care environment. In addition, small group activities allow participants to improve clinical confidence and diabetes problem solving skills.

Our goal when developing this seminar was to include as many diabetes clinical "pearls" as possible, so participants leave the seminar feeling more empowered and confident advocating for excellence in diabetes care.

Fees and Accreditation

Nurses Provider approved by the California Board of Registered Nursing, Provider #12640 for 7.5 contact hours. Approved for 6.5 CPE II for Registered Dietitians by the Commission on Dietetic Registration.

Registration Fee: \$25 for Adventist Health Hospital Northern California Network employees; \$89 for non-employees – includes lunch, syllabus and certificate. This program is underwritten by the UVMC Professional Nurse Practice Council

Diabetes in the 21st Century - Course Outline

8:00 – 8:30 am – Check-in

8:30 – 10:00 am - Overview

- From Beta Cells to Gut Hormones
- Diabetes – Natural History
- The Silent Epidemic
- Who's at Risk - Diagnostic Criteria
- Insulin Resistance and Metabolic Risk

10:15 – 11:30 am - Mgmt Goals/ Meds

- Educational Strategies that Work
- Getting to Goal - Control Matters
- Feet Can Last a Lifetime

12:30 – 2:30 pm - Insulin Patterns and Special Situations

- Insulin – the Natural Hormone
- Medications for Type 2
- Improving glucose through medication adjustments

2:45 – 4:00 pm - Nutrition / Survival Skills

- Healthy Eating with Diabetes
- Hospital care, acute complications, survival skills... putting it all together.

Course Location

Cloverdale Performing Arts Center
209 N. Cloverdale Blvd.
Cloverdale, CA 95425

Who Should Attend? ★

This course is designed for all health care professionals including providers, nurses, dietitians, pharmacists and educators who want to:

- Get re-energized about diabetes care and education
- Enjoy a comprehensive and reality based review of "the basics and beyond" of diabetes management.
- Keep abreast of the rapidly changing strategies in diabetes management
- Refine their skills and improve competencies in diabetes problem solving.
- Learn practical approaches to educating patients about diabetes self-management.

Course Faculty: ★



Beverly Thomassian, RN, MPH, CDE, BC-ADM

Beverly is a nurse entrepreneur, educator and clinician with a passion to improve diabetes care. She has a special knack of translating complex diabetes information into understandable terms that can be immediately applied in the clinical setting. She also believes that learning about diabetes should be meaningful and fun so participants leave feeling re-energized and excited about diabetes education.

Registration

To assure your space, please register by October 25th

I want to attend Diabetes in the 21st Century Program on November 9, 2012.

Enclosed is my payment for \$89

I am an Adventist Health Northern California Network Employee from _____ (Hospital) Enclosed is my payment for \$25.

Name _____

Profession _____

Home Address _____

City _____

State _____ Zip _____

Ph # _____

Email: _____

Payment

Make check payable to Ukiah Valley Medical Center

Mail check and completed registration form to:

**Brenda Hoek, RN, Diabetes Education,
Ukiah Valley Medical Center
275 Hospital Drive, Ukiah, CA 95482
Questions? Call 707-463-7527**

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Presented by

**Beverly Thomassian, RN,
MPH, CDE**



**November 9, 2012
Cloverdale Performing
Arts Center
7.5 CEUs**