

Organised by



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Ministry of Health Malaysia



D'Centers is a **NOT-FOR-PROFIT Resource Centre** providing service for people with diabetes and associated conditions

# Managing Diabetes Course

July 24 – 28, 2017

**D'Centers (Diabetes Resource Centre)**  
**Bandar Botanic, Klang, Selangor**

## Objectives of the course

The Managing Diabetes Course aims to help health care professionals responsible in the day-to-day care of people with diabetes to increase competency and improve management of diabetes. The course shall provide theoretical knowledge and practical skills of managing diabetes.

### Participants are expected to be able to:

- Gain knowledge on recent advances and practical aspects of managing diabetes, especially focusing on individualised goals of therapy based on patient-specific characteristics.
- Describe the key components of effective behaviour modification and patient centred approach in managing diabetes.
- Determine optimal therapeutic regimens and lifestyle modification for people living with diabetes
- Identify and resolves barriers and challenges of managing diabetes.
- Explore the basic foot care management for diabetics with foot complications.

## Who Should Attend

Healthcare professionals responsible for managing people living with diabetes including:

- Nursing Practitioners
- Dietitians
- Diabetes Educators
- Pharmacists
- Nutritionists
- Medical Assistants



### Secretariat:

**Managing Diabetes Course, D'Centers (Diabetes Resource Centre)**

No. 43 & 45, Jalan Ramin 1/KS7, Bandar Botanic, 41200 Klang, Selangor Darul Ehsan.

Tel: +603-3319 4100/4200 Fax: +603-3319 4500

Email: [enquiry@dcentersdiabetes.com](mailto:enquiry@dcentersdiabetes.com) Website: [www.dcentersdiabetes.com](http://www.dcentersdiabetes.com)

# PROGRAMME OUTLINE\*

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
(0830-0900) REGISTRATION	(0830-0900) REGISTRATION	(0830-0900) REGISTRATION	(0830-0900) REGISTRATION	(0830-0900) REGISTRATION
(0900 – 0930) <b>Plenary 1</b> An Overview of Diabetes	(0900 – 0930) <b>Plenary 7</b> Lifestyle Modification – Make it Do-Able for your Patients	(0900 – 0930) <b>Plenary 11</b> Practical Approach to Teaching SMBG	(0900 – 0930) <b>Plenary 14</b> Management of Diabetes During Special Occasions	(0900 – 0930) <b>Plenary 17</b> Basic Diabetic Foot Care
(0930 – 1030) <b>Plenary 2</b> Complication of Diabetes (Acute & Chronic)	(0930 – 1030) <b>Plenary 8</b> Medical Nutrition Therapy for Diabetes	(0930 – 1030) <b>Plenary 12</b> Treatment of Diabetes: Oral Anti-Diabetic Agents	(0930 – 1030) <b>Plenary 15</b> Diabetes in Special Populations	(0930 – 1030) <b>Sponsored Lecture 4</b>
(1030 – 1100) TEA BREAK				
(1100 – 1200) <b>Plenary 3</b> Screening & Diagnosis for Diabetes	(1100 – 1200) <b>Plenary 9</b> Dietary Management for Diabetics with Complications	(1100 – 1200) <b>Plenary 13</b> Treatment of Diabetes: Insulin Therapy	(1100 – 1200) <b>Plenary 16</b> Management of Diabetic Emergencies	(1100 – 1200) <b>Plenary 18</b> Self-Management and Empowerment: Where are the Barriers?
(1200 – 1300) <b>Plenary 4</b> Important Tests for Diabetic Control & Monitoring	(1200 – 1300) <b>Plenary 10</b> Physical Activity for Diabetes Control	(1200 – 1300) <b>Case Study 1</b> Interpreting SMBG & Patient- Centred Education	(1200 – 1300) <b>Sponsored Lecture 2</b>	(1200 – 1300) <b>Plenary 19</b> Unproven Therapies in Diabetes Mellitus
(1300 – 1400) LUNCH BREAK				
(1400 – 1430) <b>Plenary 5</b> Making the Shift: Patient Centred Approach	(1400 – 1530) <b>WORKSHOP 2</b> Carbohydrate Counting	(1400 – 1530) <b>Case Study 2</b> Oral Anti-Diabetic Agents	(1400 – 1530) <b>WORKSHOP 4</b> Round Table Discussion  Why Diabetics Fail to Achieve Good Control?	(1400 – 1530) <b>WORKSHOP 5</b> Questions & Answers Session – Clearing Doubts
(1430 – 1530) <b>Plenary 6</b> Peer Support & Modification of Behaviour		(1400 – 1530) <b>Case Study 3</b> Insulin Therapy		
(1530 – 1600) TEA BREAK				
(1600 – 1700) <b>WORKSHOP 1</b> Assessment For Diabetes	(1600 – 1700) <b>WORKSHOP 3</b> Diabetes Education & Behavioral Modification	(1600 – 1700) <b>Sponsored Lecture 1</b>	(1600 – 1700) <b>Sponsored Lecture 3</b>	(1600 – 1700) <b>COMPETENCY EXAM</b>
END OF DAY 1	END OF DAY 2	END OF DAY 3	END OF DAY 4	END OF DAY 5

\*Subject to change

**Certificate of attendance** will be provided for all participants & **CME points** are available for Malaysian Doctors, Nurses & Medical Assistants.

**Certificate of successful completion** will be provided to those who completed the course and pass the end-of-course competency examination with score of  $\geq 80\%$ .

# SCIENTIFIC PROGRAMME BRIEFS\*

## PLENARIES

- AN OVERVIEW OF DIABETES
- COMPLICATION OF DIABETES (ACUTE & CHRONIC)
- SCREENING & DIAGNOSIS FOR DIABETES
- IMPORTANT TESTS FOR DIABETIC CONTROL & MONITORING
- MAKING THE SHIFT: PATIENT CENTRED APPROACH
- PEER SUPPORT & MODIFICATION OF BEHAVIOUR
- LIFESTYLE MODIFICATION – MAKE IT DO-ABLE FOR YOUR PATIENTS
- MEDICAL NUTRITION THERAPY FOR DIABETES
- DIETARY MANAGEMENT FOR DIABETICS WITH COMPLICATIONS
- PHYSICAL ACTIVITY FOR DIABETES CONTROL
- PRACTICAL APPROACH TO TEACHING SMBG
- TREATMENT OF DIABETES: ORAL ANTI-DIABETIC AGENTS
- TREATMENT OF DIABETES: INSULIN THERAPY
- MANAGEMENT OF DIABETES DURING SPECIAL OCCASIONS
- DIABETES IN SPECIAL POPULATIONS
- MANAGEMENT OF DIABETIC EMERGENCIES
- BASIC DIABETIC FOOT CARE
- SELF-MANAGEMENT & EMPOWERMENT: WHAT ARE THE BARRIERS
- UNPROVEN THERAPIES IN DIABETES MELLITUS

### IMPORTANT

Please note that Registration Starts at 0830 and Plenary at 0900  
THANK YOU

## WORKSHOPS

- ASSESSMENT OF DIABETES
- CARBOHYDRATE COUNTING
- DIABETES EDUCATION & BEHAVIORAL MODIFICATION
- ROUND TABLE DISCUSSION: WHY DIABETICS FAIL TO ACHIEVE GOOD CONTROL?
- QUESTIONS & ANSWERS SESSIONS – CLEARING DOUBTS

## CASE STUDY

- INTERPRETING SMBG & PATIENT CENTRED EDUCATION
- ORAL ANTI-DIABETIC AGENTS
- INSULIN THERAPY

## SPONSORED LECTURES

# REGISTRATION FEE

Registration form is enclosed with this **PROGRAMME ANNOUNCEMENT**. Completed form must be returned with the registration fee to the Secretariat of the “**Managing Diabetes Course**” by mail.

**Number of participants is limited. PLEASE BOOK EARLY. Registration is on first-come basis.**

Registration fee covers admission to all Managing Diabetes Course sessions, lectures, workshops, identification tag & printed materials, tea breaks and lunches as follows:

REGISTRATION	Course Fee	GST* (6%)	Total Payable
5-days Managing Diabetes Course	RM850	RM51.00	RM901.00

\*GST (Goods and Services Tax)

# ACCOMMODATION

Special room rates have been arranged for the Managing Diabetes Course participants from July 24 – 28, 2017 at the following hotels:

- **Premiere Hotel**
- **Merrida Hotel**

Participants are advised to reserve their hotel accommodation early, **DIRECTLY** with the hotel of their choice. **Please specify that you wish to book as participant of the National Diabetes Institute “Managing Diabetes Course” in order to qualify for the special rates offered. Please refer to the accompanying leaflet for details.**

**Disclaimer:**

The National Diabetes Institute or its agents are not to be held responsible for any change in the terms or conditions of the hotel accommodation.

***For further Information and Updates regarding***

The Managing Diabetes Course, please contact:

**The secretariat** (Attention: Ms. Sue / Ms. Siti Faridah / Ms. Shalini / Ms. Ella)

**D’ Centers (Diabetes Resource Centre)**

No. 43 & 45, Jalan Ramin 1/KS7, Bandar Botanic,  
41200 Klang, Selangor Darul Ehsan.  
Tel: +603-3319 4100 / 4200 Fax: +603-3319 4500  
Email: enquiry@dcentersdiabetes.com

***or visit our website:***  
[www.dcentersdiabetes.com](http://www.dcentersdiabetes.com)

## ***About the National Diabetes Institute (NADI)***

The National Diabetes Institute (NADI) is established to provide a dedicated and comprehensive service for diabetics, to prevent and control diabetes its complications and associated diseases. NADI has established the **Diabetes Resource Centre (D’Centers)** in 2014.

NADI is a **non-profit, Non-Governmental Organization (NGO)** managed by a Board of Trustees with our former Prime Minister YABhg. Tun Dr Mahathir Mohamad as Patron. The Board of Trustees comprises Founding and Elected members and representatives from the Malaysian Endocrine and Metabolic Society (MEMS), Malaysian Diabetes Association (DM) and Ministry of Health (MOH), Malaysia.

**The main objectives of NADI are:**

- to be a National Diabetes Education Resource Centre for the country
- to establish and run a comprehensive health facility including a National Diabetes Hospital for the management of diabetes and its complications.
- to create and maintain a National Diabetes Registry
- to coordinate and conduct research in diabetes and related conditions
- to be the national coordinating centre for diabetes in Malaysia in respect to statistics, education, management, research, policy and planning on diabetes and associated diseases
- to promote healthy lifestyle in the prevention and control of diabetes



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