

## **3.2 About diabetes and care planning for people with diabetes**

Produced by The Alfred Workforce Development Team  
on behalf of DHS Public Health -  
Diabetes Prevention and Management Initiative  
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## **Context**

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The caring for diabetes training modules were developed to support health care providers caring for people with diabetes to understand the condition and to recognise the need to educate people with diabetes about their condition. The modules also discuss the need for systematic care planning in diabetes to ensure best practice care delivery.

The modules were developed in response to needs identified by the West Gippsland PCP and focus on adults and in particular the elderly. The content was informed by The Australian Diabetes Educators Association Guidelines "Management and Care of Diabetes in the Elderly", copies of the guidelines were provided as supporting resources at the workshops and a copy included following the presentations in this section of the module.

The workshops were run in conjunction with the footcare workshops. If they are run alone components of the footcare workshop would need to be included to ensure participants were aware of the risk to the feet and the need for footcare assessment and education.

## **Project Aim**

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To provide best practice care for people with diabetes.

## **Objectives**

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- Provide an overview of diabetes and how it affects the body.
- Explore what information people with diabetes require in order to understand their condition and appropriate education strategies to provide this information.
- Explore what is best practice care for people with diabetes and participants role of in contributing to best practice care
- Review current practices across the catchment
- Review the use of PCP service coordination tools and practices in promoting best practice care for people with diabetes
- Discuss strategies for evaluation of care planning.

## **Target Audience**

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Two levels of training:

- Generalist Nursing Staff
- Grade 2 nurses, aged care workers, HACC workers, consumers and carers

## **Level One: Generalist Nursing Staff**

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### **Objectives**

- Review diabetes and how it affects the body.
- Discuss best practice care for elderly people with diabetes and participants role of in contributing to best practice care
- Discuss guidelines in relation to care planning for diabetes
- Review the use of PCP service coordination tools and practices in promoting best practice care for people with diabetes
- Discuss strategies for evaluation of care planning.

### **Process**

- Facilitated workshop run by diabetes educator
- Need to include footcare problems and assessment if not run in conjunction with footcare training module

### **Target Audience**

- Generalist Nursing Staff
- It is assumed that participants in this workshop have background knowledge of diabetes and the overview is revision rather than a detailed review of pathophysiology.

### **Timeframe**

- 3 hours

## **Level Two: Grade Two Nurses and Aged Care Workers**

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### **Objectives**

- Provide an overview of diabetes and how it affects the body.
- Discuss what information people with diabetes require in order to understand their condition and appropriate education strategies to provide this information.
- Discuss best practice care for people with diabetes
- Discuss role of carers in promoting best practice care
- Discuss guidelines in relation to care planning for diabetes.

### **Process**

- Facilitated workshop run by a diabetes educator
- Need to include footcare problems and assessment if not run in conjunction with footcare training module
- Note lecture may need to be varied depending on knowledge of participants. For example if all Grade Two registered nurses you may include more detail.

### **Target Audience**

- Grade 2 registered nurses, aged care workers, personal care assistants.

### **Timeframe**

- 3 hours