



Advanced Diabetes Management

The Faculty of Health at Deakin University is a leader in providing education for people working, or aiming to work, in health and human services. We collaborate with major employer and professional groups, ensuring that our programs are at the cutting edge of current research and practice.

The Professional Development Unit (PDU) at Deakin University offers high quality educational learning packages. The packages provide health professionals with the opportunity to update their professional skills, support their current practice, take another career direction or seek an alternative entry pathway into Higher Education. Packages are delivered via distance education over a 12-week period. Students are able to work at their own pace within this timeframe and are offered in Trimester 1, Trimester 2 and Summer Trimester (numbers permitting).

Learning Packages are available in either full (with assessment) or audit (without assessment) format. Each full learning package is equivalent to 0.5 credit point, and multiples of 1 point may attract advanced standing into a Graduate Diploma/Masters degree. Audit packages will suit those who wish to gain knowledge but not undertake assessments. They do not attract credit for advanced standing.

The four packages available in this suite have been developed in collaboration with Diabetes Australia Vic. Participants will be encouraged to reflect on their experiences, incorporating theoretical concepts while developing skills and strategies for application in their practice.

Learning package : Advanced Diabetes Management : Nutrition (PDU500) available Trimester 1, 2012

The learning package introduces a number of dietary strategies used in the nutritional management of type 1 diabetes, in particular the role of carbohydrate counting, the association with coeliac disease and gastroparesis. The aetiology and management for these conditions will be examined and the impact of alcohol consumption on glycaemic control in type 1 diabetes explored. The content underpins the recommended guidelines stipulated by the Australian Diabetes Educators Association (ADEA) and the Dietitians Association of Australia (DAA).

The content of this learning package includes:

- Dietary strategies in intensive type 1 diabetes management
- Carbohydrate counting
- Coeliac disease and type 1 diabetes
- Gastroparesis and type 1 diabetes
- Alcohol and type 1 diabetes

Assessment: Two (2) written pieces of assessment



Learning package : Advanced Diabetes Management : Intensive insulin therapies (PDU501)

The learning package introduces the students to the complexities in intensive insulin management for people with type 1 diabetes. The focus of study will be the complex and detailed strategies for insulin adjustment in contemporary diabetes management by describing the pharmacology of a variety insulin; examining specific processes and requirements involved in insulin pumps, DAFNE, CGMS and Basal Bolus insulin.

The content of this learning package includes:

- Revision of insulin delivery technology & insulin pharmacology;
- Principles of multiple daily injections (MDI);
- Principles of continuous subcutaneous insulin infusion (CSII) – insulin pumping;
- Insulin dose calculations & algorithms in CSII

Assessment: Two (2) written pieces of assessment

Learning package : Advanced Diabetes Management : Exercise (PDU502)

The learning package provides in-depth understanding of normal glucose utilisation and regulation during exercise and in the person with type 1 diabetes and introduces recent research into the effect of different types of exercise on blood glucose levels, and strategies for managing insulin administration and carbohydrate intake to prevent hypo- and hyperglycaemia. Hypoglycaemia (hypo), impaired hypo awareness and counter-regulation will also be addressed as foundational understanding of insulin action, fuel storage and utilisation during and after physical activity.

The content of this learning package includes:

- Hypoglycemia and impaired hypoglycaemia awareness
- Glucose metabolism during and after exercise
- The effects of different types of exercise on blood glucose
- Insulin and carbohydrate requirements for physical activity
- Exercise in the presence of diabetes complications
- Exercise at high altitude

Assessment: Two (2) written pieces of assessment

Learning package : Advanced Diabetes Management : Clinical Practice, roles and responsibility (PDU503)

PRE-REQUISITE:

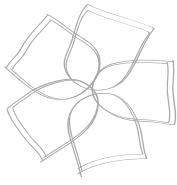
Successful completion of Intensive Insulin Therapies

A graduate certificate in Diabetes Education is a pre-requisite for this unit of study

The learning package will introduce the professional role and responsibilities of diabetes educators in Australia to students and extend them to consider new and advanced aspects of the diabetes educator role.

The content of this learning package includes:

- Role of the credentialled diabetes educator (CDE) and Nurse Practitioner in a personal and ethical context;
- The diabetes care team; national and international polices;
- Risk and safety consideration in patient care;
- Cultural diversity population groups and indigenous diabetes care;



Clinical Practice Placement

- 60 hours of supervised, supported clinical practice in advanced intensive management of people with type 1 diabetes is part of this learning package. It is recommended that students complete their practicum concurrent with their theoretical study. Students will be responsible for arranging their own placement with guidance from and in negotiation with Diabetes Australia – Victoria nominated staff, using a pre-provided list of placement venue options.

Assessment: Literature review, completion of clinical portfolio and reflective journal

Admission requirements

Registered nurses with hospital certificate or undergraduate diploma or degree and allied health professionals.

Fees & Refund Policy

PLEASE NOTE: Deakin University's ABN is listed on the enrolment form to act as a tax invoice. Employer sponsored payment of fees MUST accompany the enrolment form to guarantee enrolment in the desired Trimester. No exceptions. Please contact the PDU for current fees and refer to the Deakin website for information on refund policies.

Enquiries and applications

Applications close four weeks prior to the start of each Trimester.
For information and an application form, please contact:

Professional Development Unit

Deakin University
221 Burwood Highway
Burwood VIC 3125
Telephone: (03) 9251.7776 Fax: (03) 9244.6159

Email: hmnbs-support@deakin.edu.au Website: www.deakin.edu.au/hmnbs/pdu



PDU Learning packages have been endorsed by APEC No 081219123 as authorised by Royal College of Nursing, Australia (RCNA) according to approved criteria. Enrolment attracts 12.5 RCNA CNE points as part of RCNA's Life Long Learning program (3LP)

While the above information was correct at the time of publication, Deakin University reserves the right to alter, amend or delete details of course and unit offerings.

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