

MDON Continuing Education Programs

*(all programs offer 1.0 contact hours for nurses and
1.0 continuing professional education units for dietitians)*

Title	Overview Of Program
Advanced Meal Planning Using Carbohydrate Counting	<ul style="list-style-type: none"> • Define carbohydrate (carb) counting • Calculate a carb to insulin ratio • Carb counting technique
And The Beat Goes On	<ul style="list-style-type: none"> • Physiology of heart disease in persons with diabetes • Major risk factors of heart disease • Interventions to decrease the risk of heart disease
Autonomic Neuropathy & Diabetes	<ul style="list-style-type: none"> • Autonomic neuropathy defined and classified • Signs and symptoms of autonomic neuropathy • Interventions for various autonomic neuropathies
Basic Diabetes Meal Planning	<ul style="list-style-type: none"> • Function of nutrients, role in blood glucose control & sources of carbs, fat, protein • Nutrition assessment including medical history, labs, meds, usual intake/diet recall and individualized meal planning • Diabetes meal planning principles
Childhood & Adolescent Obesity	<ul style="list-style-type: none"> • Definition, prevalence, and identification of childhood and adolescent obesity • Contributing factors to childhood and adolescent obesity • Health risks of childhood and adolescent obesity • Treatment and management options
Clueless? Find Answers in Blood Glucose Patterns	<ul style="list-style-type: none"> • Definition and purpose of pattern management • Elements of data collection in pattern management • Interpreting results of collected data
Co-Morbid Conditions in Diabetes	<ul style="list-style-type: none"> • List of common co-morbid conditions • Aspects of co-morbid conditions that may impact diabetes management • Areas of assessment of current diabetes status that can impact management
Deciphering Diets	<ul style="list-style-type: none"> • Candidates for weight loss • Discussion on the issues of many popular diets • Keys to successful weight loss
Depression in Diabetes	<ul style="list-style-type: none"> • Definition, prevalence and symptoms of depression • Impact of depression on diabetes self-management • Intervention strategies
Diabetes 101	<ul style="list-style-type: none"> • Definition, prevalence of type 1, type 2 and gestational diabetes • Components of managing diabetes • ADA Standards of Medical Care in diabetes (including goals and frequency of testing)
Diabetes Care for the Child in School	<ul style="list-style-type: none"> • Diabetes definition and overview including hypoglycemia and hyperglycemia • Components of diabetes management in a school setting • Implications for and responsibilities of the school, parent, and student

Diabetes Management in the Older Adult	<ul style="list-style-type: none"> • Assessment for clients with diabetes related to advancing age • General recommendations for the care of the older adult with diabetes • Educational strategies appropriate for the elderly
Diabetes Self-Management Program Development & Management	<ul style="list-style-type: none"> • Diabetes self-management education program mission, values, strategic plan and administrative support • Realistic available resources to run a program • ADA and MDCH certification procedures and process
Eye Health & Diabetes	<ul style="list-style-type: none"> • Eye disease & diabetes incidence, risks for vision loss and common eye problems • Reducing the risk of blindness related to diabetes • Eye care resources for persons with diabetes
Family History, Genomics Diabetes	<ul style="list-style-type: none"> • Differentiation between “genetics” and “genomics” • Family health history: genes, environment, behavior and culture combination • Reliable resources on genomics and family history in relation to diabetes
Gestational Diabetes: A Healthy Baby & Mom	<ul style="list-style-type: none"> • Gestational diabetes definition, etiology, and prevalence • Complications: fetal and maternal • Interventions to promote target blood sugars
Glucose Monitoring Savvy	<ul style="list-style-type: none"> • Blood glucose monitoring purpose, methods, goals, timing/frequency and new technology • Aspects of blood glucose monitoring system selections • Factors effecting accuracy of monitors
Goal Setting for Behavior Change	<ul style="list-style-type: none"> • Role of health beliefs in behavior change • Responses to each stage of behavior change • Strategies to assist the person with diabetes in goal setting
High Blood Pressure & Diabetes	<ul style="list-style-type: none"> • Hypertension incidence, consequences, benefits of controlling and methods of assessing • Blood pressure goals for persons with diabetes • Treatment options for hypertension in persons with diabetes
How Low Can You Go? Hypoglycemia Causes & Treatment	<ul style="list-style-type: none"> • Review of possible causes for hypoglycemia • Signs and symptoms of hypoglycemia • Treatment of hypoglycemia
Inpatient Management of Diabetes	<ul style="list-style-type: none"> • Diabetes & hospitalization statistics and impacts on glycemic control • Current blood glucose target recommendations for hospitalized persons with diabetes • Medication management specific to hospitalized persons with diabetes
Insulin Pump Therapy	<ul style="list-style-type: none"> • Insulin pump therapy described • Basal and bolus rates • Interventions & management strategies to reduce complications related to insulin pumps
Kidney Disease in Diabetes	<ul style="list-style-type: none"> • Factors increasing the risk of kidney disease • Methods of detection of early kidney disease • Strategies to promote optimal kidney function for persons with diabetes
Managing Diabetes During Illness & Surgery	<ul style="list-style-type: none"> • Effects of illness on diabetes • Managing blood glucose during surgery • Sick day management guidelines

Medication Options for Type 2 Diabetes	<ul style="list-style-type: none"> • Medication classes, function and site of action • When to choose medications • Education principles for each class of medication
Metabolic Syndrome	<ul style="list-style-type: none"> • Definition, prevalence, and causes of metabolic syndrome • ATP III clinical criteria for diagnosing metabolic syndrome • Managing metabolic syndrome
Motivational Interviewing	<ul style="list-style-type: none"> • Communication skills • Goals of motivational interviewing • Motivational interviewing techniques
Myths of Diabetes	<ul style="list-style-type: none"> • Myths and facts related to meal planning and diabetes • Myths related to other components of diabetes
Nutrition Therapy for Heart Health	<ul style="list-style-type: none"> • Prevention & management of cardiovascular disease for persons with diabetes • Blood pressure goals, screening, diagnosis, and lifestyle and behavior therapy • Lipid goals and medical nutrition therapy
Pain Management in Diabetic Neuropathy	<ul style="list-style-type: none"> • Diabetic peripheral neuropathy definition, incidence, and diagnostic criteria • Diabetic peripheral neuropathy diagnosis • Interventions
Physical Activity & Diabetes	<ul style="list-style-type: none"> • Benefits of physical activity in persons with diabetes • Risks associated with activity in persons with diabetes • Activity recommendations for persons with type 1, type 2, and an older adult or athlete with diabetes
Preventing Type 2 Diabetes	<ul style="list-style-type: none"> • Diabetes epidemic prevalence, economic burden and contributing factors • Diagnostic criteria for diabetes and pre-diabetes screening for children and adults • Prevention strategies
Recognizing & Treating Complications of Diabetes	<ul style="list-style-type: none"> • Complications of diabetes • Early detection of diabetes complications • Prevention tips for all complications
Step Up To Better Foot Care	<ul style="list-style-type: none"> • Incidence and causes of foot problems associated with diabetes • Components of a comprehensive foot exam • Patient education to prevent foot problems
The Chronic Care Model in Michigan	<ul style="list-style-type: none"> • Chronic Care Model history, purpose, and key elements • Chronic Care Model implementation • Resources for diabetes management using the Chronic Care Model
The Complex Puzzle of Type 2 Diabetes	<ul style="list-style-type: none"> • Metabolic abnormalities involved in the progression of type 2 diabetes • Factors contributing to the development of type 2 diabetes • Management strategies for type 2 diabetes
Type 1 Diabetes: Pediatric Issues	<ul style="list-style-type: none"> • Type 1 diabetes definition, symptoms, prevalence and diagnostic criteria • Treatment options for type 1 diabetes • Educational needs of the pediatric population based on developmental stages
Type 2 Diabetes in Youth	<ul style="list-style-type: none"> • Type 2 diabetes in youth definition, causes, characteristics, prevalence and diagnosis • Classifying type 2 diabetes in youth • Treatment options for preventing and treating type 2 diabetes in youth

Unraveling Food Labels	<ul style="list-style-type: none"> • Food labeling system history and current components • Locating carbohydrates, fat and sodium information
Ups & Downs of Insulin	<ul style="list-style-type: none"> • Insulin & insulin analogs definition, function, onset, peak, duration and special considerations • Client education related to insulin • Insulin regimens to reach glycemic goals
Weight Issues: Which Weigh to Go	<ul style="list-style-type: none"> • Obesity definition, incidence, causes and importance of weight loss in disease prevention • Health implications related to obesity • Therapeutic interventions for the management of obesity
What's New in Diabetes	<ul style="list-style-type: none"> • Current diagnostic criteria and classification for diabetes and pre-diabetes • New diabetes treatment modalities

To schedule any of these presentations, contact your local DON office.

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