<table>
<thead>
<tr>
<th>Title</th>
<th>Overview Of Program</th>
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</table>
| Advanced Meal Planning Using Carbohydrate Counting     | • Define carbohydrate (carb) counting  
• Calculate a carb to insulin ratio  
• Carb counting technique                                                                                                                                  |
| And The Beat Goes On                                    | • 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                         | • Autonomic neuropathy defined and classified  
• Signs and symptoms of autonomic neuropathy  
• Interventions for various autonomic neuropathies                                                                                                          |
| Basic Diabetes Meal Planning                            | • 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                         | • 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        | • Definition and purpose of pattern management  
• Elements of data collection in pattern management  
• Interpreting results of collected data                                                                                                                      |
| Co-Morbid Conditions in Diabetes                       | • 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                                       | • Candidates for weight loss  
• Discussion on the issues of many popular diets  
• Keys to successful weight loss                                                                                                                             |
| Depression in Diabetes                                  | • Definition, prevalence and symptoms of depression  
• Impact of depression on diabetes self-management  
• Intervention strategies                                                                                                                                     |
| Diabetes 101                                            | • 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                   | • 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                                                                                   |
<table>
<thead>
<tr>
<th>Topic</th>
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<tbody>
<tr>
<td>Diabetes Management in the Older Adult</td>
<td>• Assessment for clients with diabetes related to advancing age&lt;br&gt; • General recommendations for the care of the older adult with diabetes&lt;br&gt; • Educational strategies appropriate for the elderly</td>
</tr>
<tr>
<td>Diabetes Self-Management Program Development &amp; Management</td>
<td>• Diabetes self-management education program mission, values, strategic plan and administrative support&lt;br&gt; • Realistic available resources to run a program&lt;br&gt; • ADA and MDCH certification procedures and process</td>
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<tr>
<td>Eye Health &amp; Diabetes</td>
<td>• Eye disease &amp; diabetes incidence, risks for vision loss and common eye problems&lt;br&gt; • Reducing the risk of blindness related to diabetes&lt;br&gt; • Eye care resources for persons with diabetes</td>
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<tr>
<td>Family History, Genomics Diabetes</td>
<td>• Differentiation between “genetics” and “genomics”&lt;br&gt; • Family health history: genes, environment, behavior and culture combination&lt;br&gt; • Reliable resources on genomics and family history in relation to diabetes</td>
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<tr>
<td>Gestational Diabetes: A Healthy Baby &amp; Mom</td>
<td>• Gestational diabetes definition, etiology, and prevalence&lt;br&gt; • Complications: fetal and maternal&lt;br&gt; • Interventions to promote target blood sugars</td>
</tr>
<tr>
<td>Glucose Monitoring Savvy</td>
<td>• Blood glucose monitoring purpose, methods, goals, timing/frequency and new technology&lt;br&gt; • Aspects of blood glucose monitoring system selections&lt;br&gt; • Factors effecting accuracy of monitors</td>
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<tr>
<td>Goal Setting for Behavior Change</td>
<td>• Role of health beliefs in behavior change&lt;br&gt; • Responses to each stage of behavior change&lt;br&gt; • Strategies to assist the person with diabetes in goal setting</td>
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<tr>
<td>High Blood Pressure &amp; Diabetes</td>
<td>• Hypertension incidence, consequences, benefits of controlling and methods of assessing&lt;br&gt; • Blood pressure goals for persons with diabetes&lt;br&gt; • Treatment options for hypertension in persons with diabetes</td>
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<tr>
<td>How Low Can You Go? Hypoglycemia Causes &amp; Treatment</td>
<td>• Review of possible causes for hypoglycemia&lt;br&gt; • Signs and symptoms of hypoglycemia&lt;br&gt; • Treatment of hypoglycemia</td>
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<tr>
<td>Inpatient Management of Diabetes</td>
<td>• Diabetes &amp; hospitalization statistics and impacts on glycemic control&lt;br&gt; • Current blood glucose target recommendations for hospitalized persons with diabetes&lt;br&gt; • Medication management specific to hospitalized persons with diabetes</td>
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<tr>
<td>Insulin Pump Therapy</td>
<td>• Insulin pump therapy described&lt;br&gt; • Basal and bolus rates&lt;br&gt; • Interventions &amp; management strategies to reduce complications related to insulin pumps</td>
</tr>
<tr>
<td>Kidney Disease in Diabetes</td>
<td>• Factors increasing the risk of kidney disease&lt;br&gt; • Methods of detection of early kidney disease&lt;br&gt; • Strategies to promote optimal kidney function for persons with diabetes</td>
</tr>
<tr>
<td>Managing Diabetes During Illness &amp; Surgery</td>
<td>• Effects of illness on diabetes&lt;br&gt; • Managing blood glucose during surgery&lt;br&gt; • Sick day management guidelines</td>
</tr>
</tbody>
</table>
| Medication Options for Type 2 Diabetes | • Medication classes, function and site of action  
• When to choose medications  
• Education principles for each class of medication |
| Metabolic Syndrome | • Definition, prevalence, and causes of metabolic syndrome  
• ATP III clinical criteria for diagnosing metabolic syndrome  
• Managing metabolic syndrome |
| Motivational Interviewing | • Communication skills  
• Goals of motivational interviewing  
• Motivational interviewing techniques |
| Myths of Diabetes | • Myths and facts related to meal planning and diabetes  
• Myths related to other components of diabetes |
| Nutrition Therapy for Heart Health | • 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 | • Diabetic peripheral neuropathy definition, incidence, and diagnostic criteria  
• Diabetic peripheral neuropathy diagnosis  
• Interventions |
| Physical Activity & Diabetes | • 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 | • 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 | • Complications of diabetes  
• Early detection of diabetes complications  
• Prevention tips for all complications |
| Step Up To Better Foot Care | • 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 | • 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 | • 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 | • 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 | • 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 |
<table>
<thead>
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</table>
| Unraveling Food Labels               | • Food labeling system history and current components
                                            • Locating carbohydrates, fat and sodium information                                          |
| Ups & Downs of Insulin              | • 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     | • 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              | • 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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