Introduction to Diabetes Education
and IDF-WPR Education Modules

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Today I’ll talk

• Short introduction to diabetes education

• IDF-WPR Education Modules

• How to customize IDF-WPR Modules to your country
Four Trends in Diabetes Treatment

Patient-centered care

meets the specific goals for patients and addresses barriers and challenges that are unique to that patient

Medications w/ complementary MoA

improve glycemic control by targeting different pathophysiologic defects of diabetes

Collaborative teams

physicians, pharmacists, nurse practitioners, physician assistants, dietitians, certified diabetes educators (CDEs)

Patient education for decision their own care

much of diabetes depends more on patient behavior than clinical interventions

Introduction to Diabetes Education

• ‘Diabetes healthcare specialist’ refers to all the health professionals – nurses, dietitians, psychologists, social workers, pharmacists, physicians etc. – who are involved in the education, care and management of people with diabetes
Interdisciplinary role

Various healthcare professionals can assume the diabetes health professional role including, but not limited to:

- Nurses
- Dietitians
- Pharmacists
- Physicians
- Social workers
- Psychologists
- Exercise physiologists
- Podiatrists
The role of the diabetes healthcare professional: six core, integrated areas

1. Clinical care
2. Education
3. Counselling
4. Research
5. Administration/management
6. Leadership and role model
Teamwork is evident through

• Respect for the expertise of all team members
• Communication among team members
• Open discussion regarding management, decision making, problem solving and setting priorities with the person with diabetes
• A collaborative approach to the pursuit of programme goals and outcomes
Together, Everyone Achieves More.

Teamwork

Doctor
Nurse
Dietitian

Doctor
Person with diabetes
Nurse
Dietitian
Preparing to become a diabetes health professional/content: Prerequisite knowledge (i)

• Core knowledge and skills in biological and social sciences
• understanding chronic disease
• importance of continuity
• basic pathophysiology
• psychological, spiritual, and socio-economic aspects
Preparing to become a diabetes health professional/content: Prerequisite knowledge (ii)

• Teaching and learning skills and principles
• Communication skills
• Behavioral and psychological strategies
• Application of research findings
Intensive Diabetes Management Training Course

- First course started from 2009
- International Curriculum for Diabetes Health Professional Education: IDF
- 3 day program;
  - morning; lecture-based teaching with free communication
  - afternoon; practice session
IDMT Course: (2)
IDMT Course: (3)
IDMT Course: (4)
IDMT Course: (5)
IDMT Course: (7)
IDMT Course: (8)
IDMT Course: (9)
IDMT Course: (10)

Insulin injection and Glucose Testing
IDMT Course: (11)
Five Stages of Behavior Change Model
IDMT Course: (12)

Patient: Case 1  Patient: Case 2  Patient: Case 3
Overview of Diabetes Education Modules 2011: (1)

• **Section 1** – Self-Management Education consists of two modules
  - the role of the diabetes educator
  - principles and practical application of teaching and learning and psychosocial issues and counselling for behavior change

• **Section 2** – Diabetes and Lifestyle Intervention consists of six modules
  - the basics of diabetes management
  - pathophysiology, classification and prevention
  - the basics of nutrition and physical activity
  - an overview of clinical monitoring.
Overview of Diabetes Education Modules 2011: (2)

• **Section 3** – Pharmacotherapy consists of three modules
  - blood glucose-lowering medicines
  - insulin therapy
  - an overview of complementary therapies.

• **Section 4** – Glycemic Excursions consists of two modules
  hypoglycemia, managing sick days, diabetic ketoacidosis and hyperosmolar hyperglycemic state.
Overview of Diabetes Education Modules 2011: (3)

• **Section 5** – Diabetes-Related Complications consists of five modules focusing on the long-term complications of diabetes.

• **Section 6** – Special Situations contains one module on planning for disasters.
Overview of IDF-WPR Education Modules: (1)

- **Section 1** – Self-Management Education
  - Introduction to diabetes education
  - Psychosocial understanding of people with diabetes
  - Counseling in diabetes
Overview of IDF-WPR Education Modules : (1)

• Section 2 – Diabetes and Lifestyle Intervention
  - Diabetes and the life pattern management
  - Diagnosis, classification and prevention of diabetes
  - Physical activity
  - Healthy meal plan for type 2 DM patients
  - Healthy meal plan for insulin therapy
  - Recommendations for macro-nutrients & micro-nutrients
  - Monitoring.
Overview of IDF-WPR Education Modules : (2)

• **Section 3** – Pharmacotherapy
  - Principles of Insulin Therapy
  - Glucose-lowering medications: oral agents and GLP-1 agonists

• **Section 4** – Glycemic Excursions
  - Hypoglycemia
  - Acute complications (DKA, HHS)
Overview of IDF-WPR Education Modules : (3)

• **Section 5** – Diabetes-Related Complications
  - Chronic complications other than DM foot/neuropathy
  - Diabetic foot care
  - Understanding gestational diabetes
How to customize IDF-WPR Modules to your country

• Customization of *Conversation Map* in Korea

• Diabetes *Conversation Map* tools initially introduced in Canada 2005

• Healthy Interactions in collaboration with the ADA developed U.S. Diabetes *Conversation Map* program which launched at ADA Scientific Sessions (June 2007)

• March 2008 materials approved as meeting ADA Recognition criteria for a complete DSME curriculum

• *Conversation Map* program launched worldwide
<table>
<thead>
<tr>
<th>English</th>
<th>한국어 번역 (Korean)</th>
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</thead>
<tbody>
<tr>
<td>Created by</td>
<td>제작자</td>
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<tr>
<td>In collaboration with</td>
<td>제휴</td>
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<tr>
<td>International Diabetes Foundation</td>
<td>국제 당뇨병 연맹</td>
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<tr>
<td>Sponsored by</td>
<td>후원</td>
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<tr>
<td>Healthy Eating and Exercise</td>
<td>건강한 식사와 운동</td>
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<tr>
<td>Conversation Map™ Tool</td>
<td>당뇨병 길잡이</td>
</tr>
<tr>
<td>My Questions About Food and Exercise</td>
<td>음식과 운동에 대한 나의 질문</td>
</tr>
<tr>
<td>How do you feel about making lifestyle changes?</td>
<td>생활 습관을 변경하는 것에 대해 어떻게 생각하십니까?</td>
</tr>
<tr>
<td>Exercise = Energy Expenditure</td>
<td>운동 = 에너지 소비</td>
</tr>
<tr>
<td>Food = Energy Intake</td>
<td>음식 = 에너지 섭취</td>
</tr>
<tr>
<td>Benefits of Exercise</td>
<td>운동의 이점</td>
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<tr>
<td>Increased utilization of glucose</td>
<td>포도당 이용 증가</td>
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<tr>
<td>Increased sensitivity to insulin</td>
<td>인슐린 감수성 증가</td>
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## Exercise Recommendations

<table>
<thead>
<tr>
<th>Warm Up and Cool Down – Be sure to spend 5 - 10 minutes warming up before exercise, and 5 - 10 minutes cooling down after exercise</th>
</tr>
</thead>
<tbody>
<tr>
<td>준비 및 마무리 운동 – 반드시 5 - 10분 준비 운동, 5 - 10분 마무리 운동을 실시한다.</td>
</tr>
<tr>
<td>Intensity of Exercise - Pulse 120 Beats/min for subjects under 50 years of age, and below 100 for those 50 or over</td>
</tr>
<tr>
<td>운동의 강도 – 50세 미만은 맥박 120회/분, 50세 이상은 맥박 100회/분 미만</td>
</tr>
<tr>
<td>Walk Often – Walk 15-30 minutes, twice a day (approximately 10,000 steps)</td>
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<tr>
<td>자주 걷는다 – 하루에 2회 20-30분간 걷는다 (약 10,000보).</td>
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## Frequency

- Determine a schedule that includes exercise 3 times or more per week, with some amount of exercise at least every two days. A small amount of exercise frequently, is better than a lot of exercise every once in a while.

- 빈도 – 일정량의 운동을 최소한 2일에 한 번 이상, 일주일에 3회 이상 실시하도록 일정을 정한다. 많은 양의 운동을 가끔 하는 것보다 조금씩, 자주 하는 것이 더 좋다.
ICDM 2018  Modification of graphs and text
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think globally, act locally