

# **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<sup>1</sup>

## 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 area

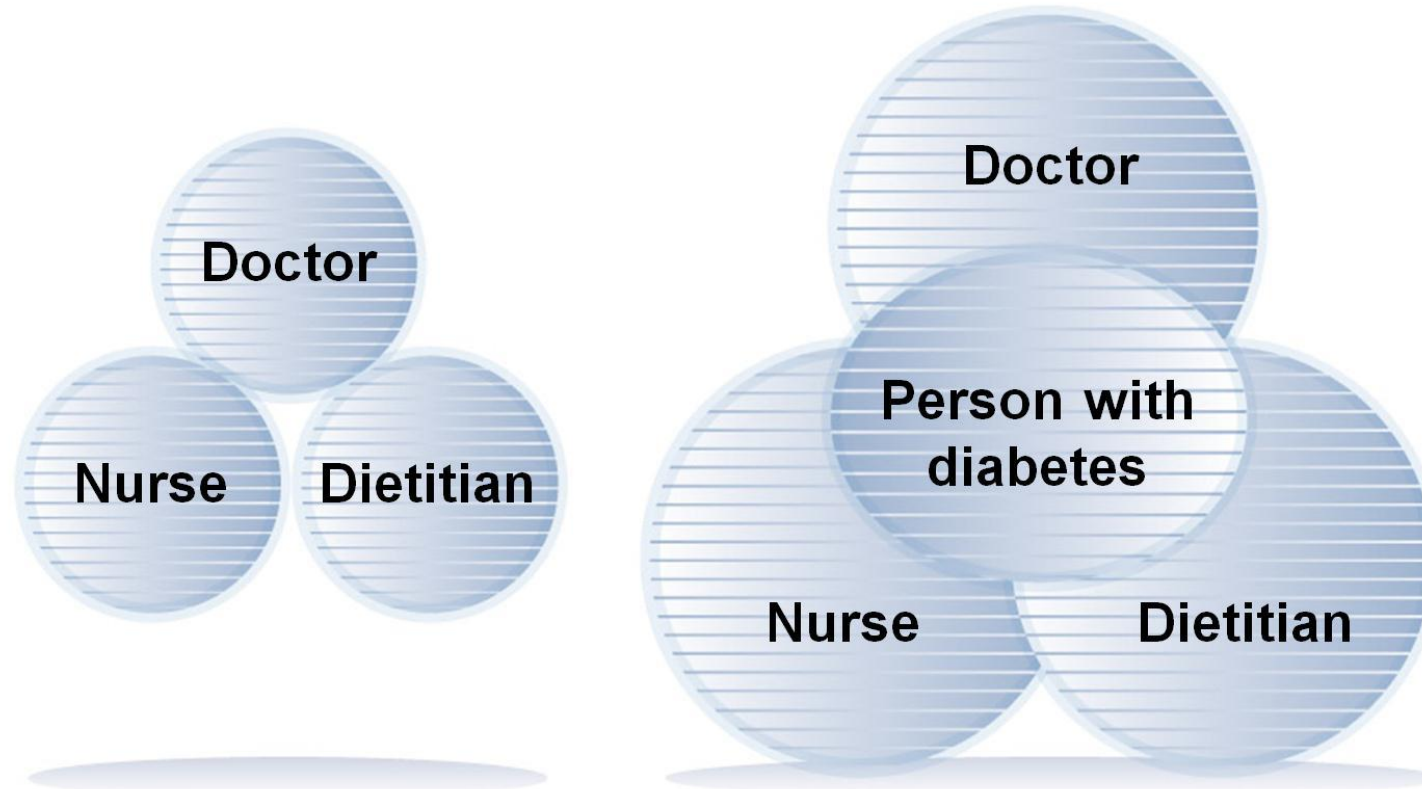
1. Clinical care
2. Education
3. Counselling
4. Research
5. Administration/management
6. Leadership and role model

## 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

## Teamwork

**T**ogether  
**E**veryone  
**A**chieves  
**M**ore





## **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: (1)



## IDMT Course: (2)





## IDMT Course: (3)



## IDMT Course: (4)

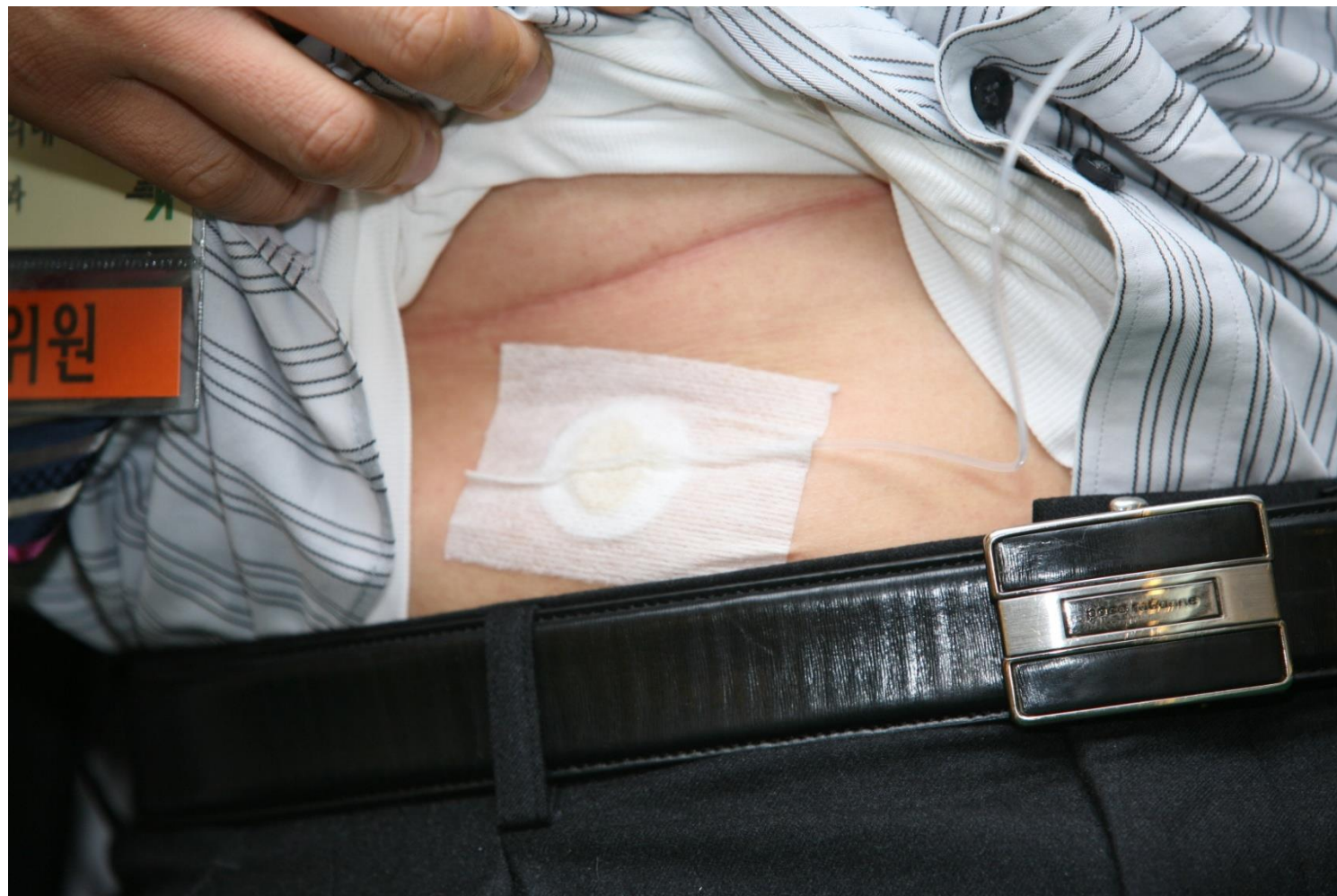


# IDMT Course: (5)





## IDMT Course: (6)



## IDMT Course: (7)



# IDMT Course: (8)





## IDMT Course: (9)



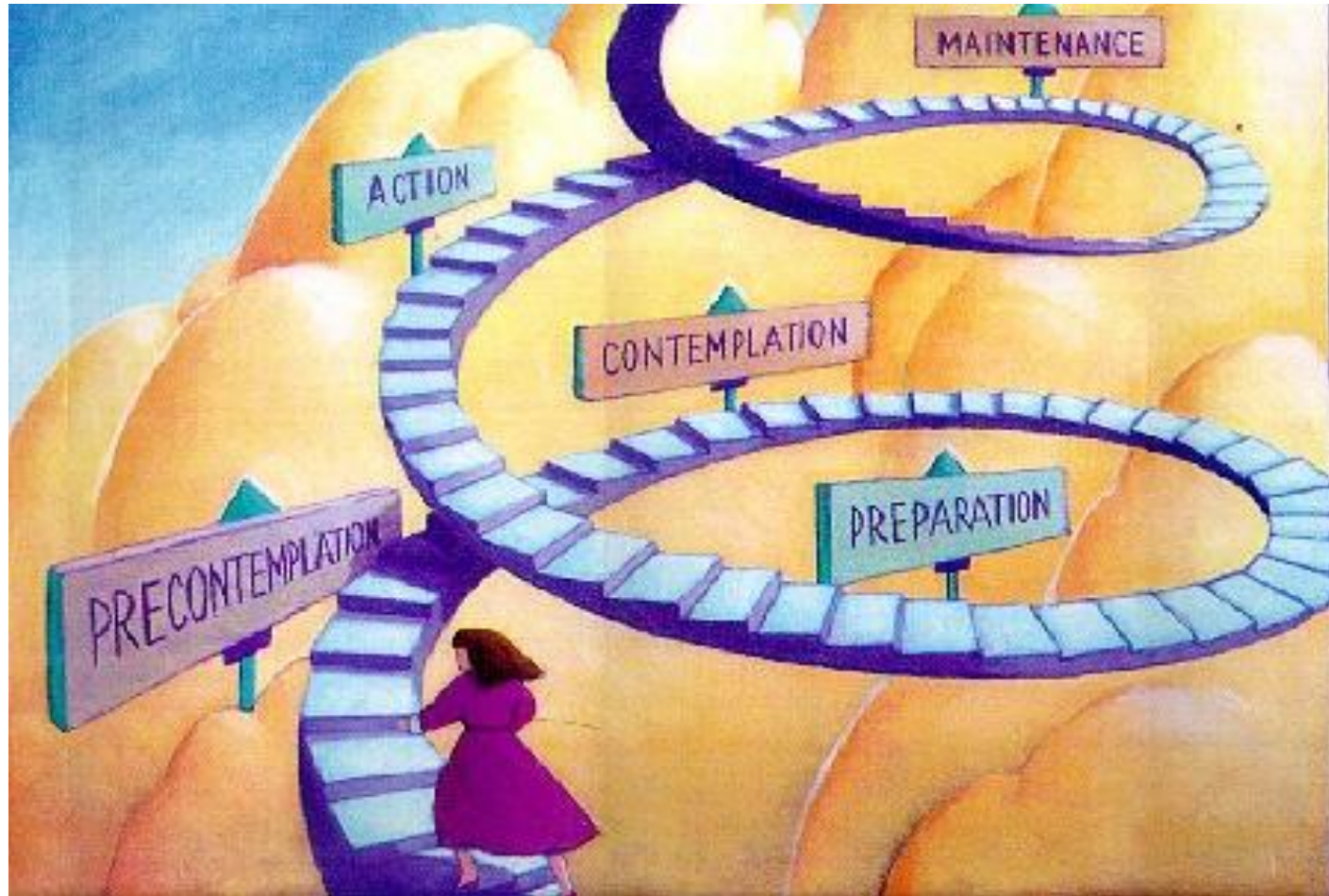
# IDMT Course: (10)



# 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



## Translation into local language (Korean)

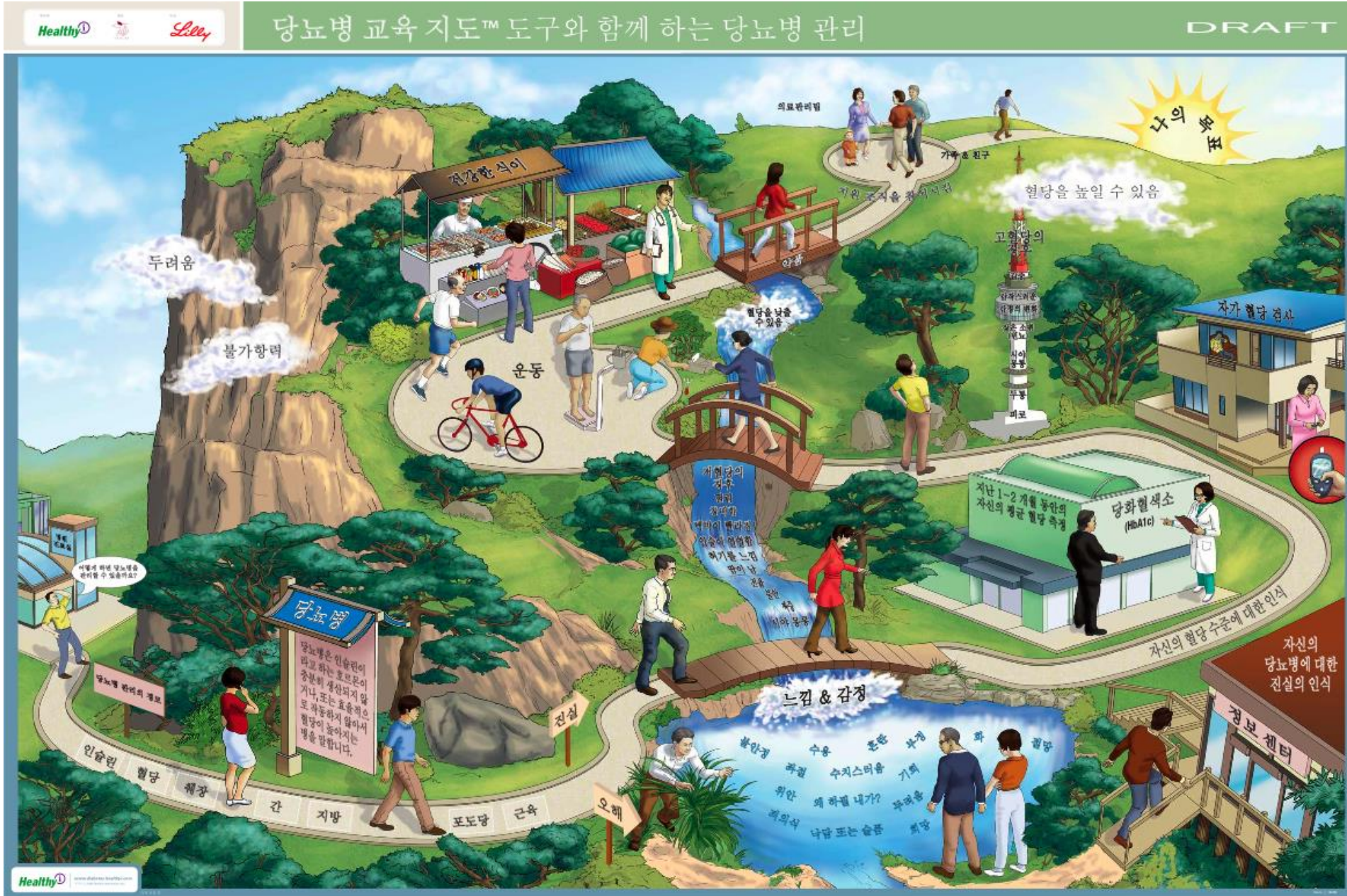
| English   | 한국어 번역 (Korean)               |
|---|-------------------------------|
| Created by                                      | 제작자                           |
| In collaboration with                           | 제휴                            |
| International Diabetes Foundation             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

## Translation into local language (Korean)

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

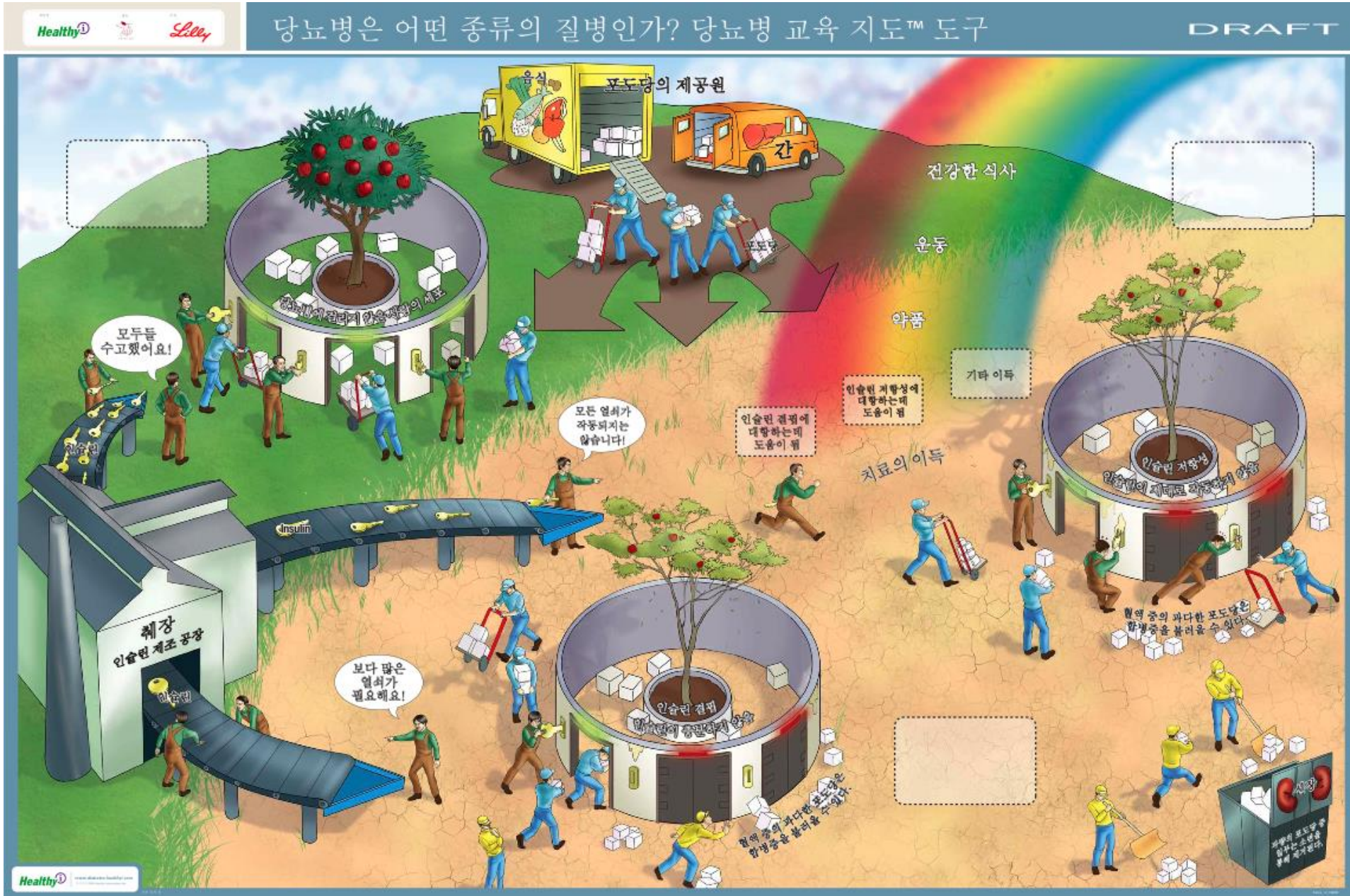


# ICDM 2018 Modification of graphs and text



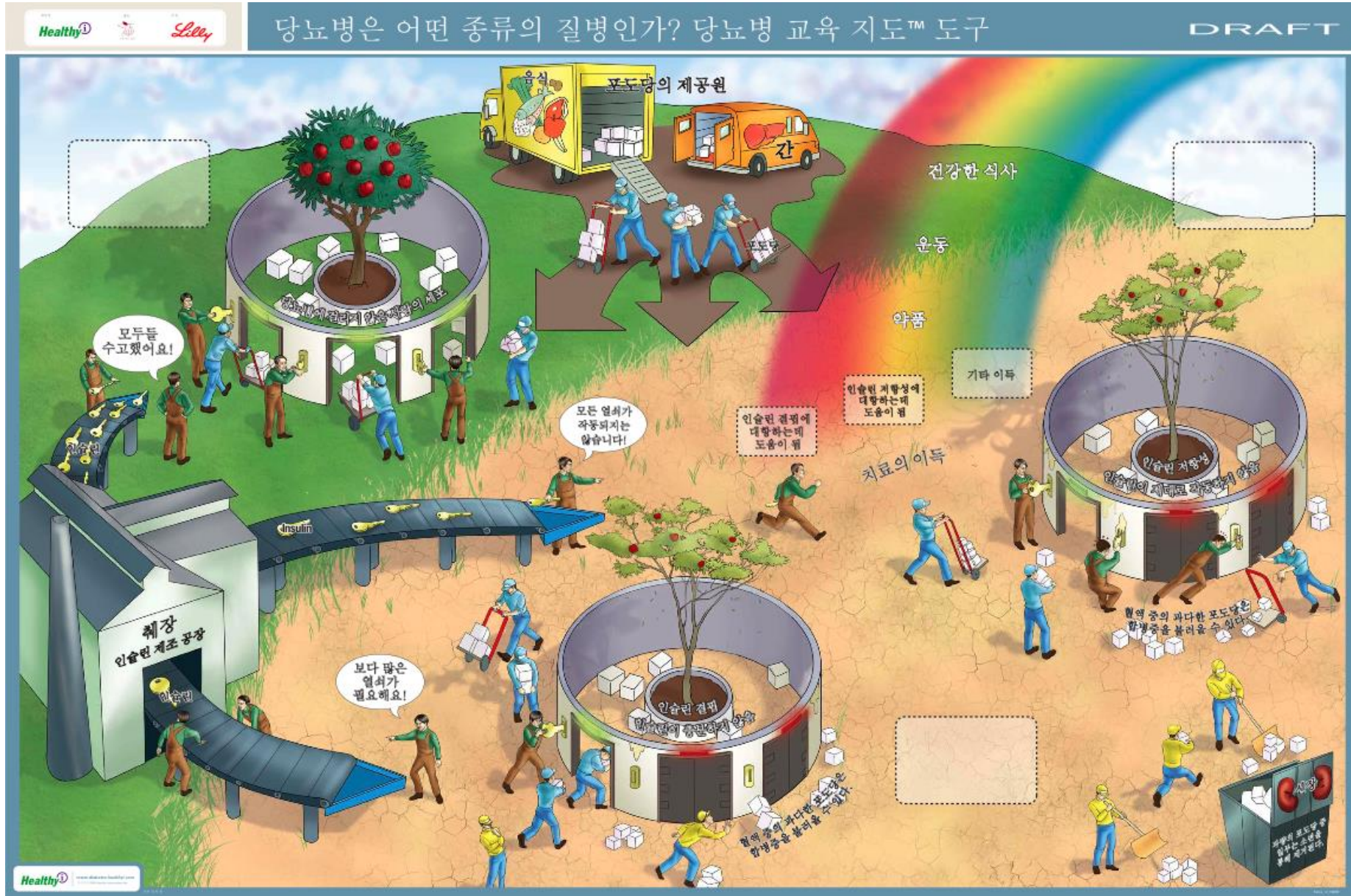


# Modification of graphs and text





# Modification of graphs and text





# ICDM 2018 Modification of graphs and text





think  
GLOBALLY,  
act  
LOCALLY