

# Diabetes Awareness and BGM & Glucometer Training

## Eckling Grange Care Home, Dereham: 5 June 2024, 9.00am-4pm,

We will take you on a 'diabetes learning journey'; to lay the foundations of diabetes understanding and the build on that knowledge to provide the skills and confidence to support adults living with diabetes.

Our aim is to help you to:

- Have an awareness and knowledge of what diabetes is and how it is managed
- Understand the implications for the older adult
- Increase skills and confidence when looking after people with diabetes (including the older adult)
- Maintain or even improve the quality of life for adults living with diabetes
- Acquire the knowledge and skills to be able to competently undertake capillary blood glucose monitoring for people living with diabetes.

**Learning outcomes:** by the end of this workshop you should be able to

1. Give a brief definition of diabetes and distinguish type 1 from type 2 diabetes
2. State what the 'normal' blood glucose range is
3. Describe the signs and symptoms of diabetes and explain how and why they develop
4. Name two things that can cause the blood glucose levels to rise and two things that can cause blood glucose levels to fall
5. Explain the differences between capillary blood glucose monitoring and HbA1c
6. Know what checks should be done annually/regularly for people with diabetes
7. List four of the long term health problems (complications) of diabetes
8. State what a hypoglycaemic event (hypo) is and recognise the signs and symptoms of a hypo
9. Identify four possible causes of a hypo and explain how to treat a hypo
10. Demonstrate an understanding of the principles and importance of nutritional screening and an appropriate diet (including 'carb awareness')
11. Explain the importance of physical activity for people living with diabetes
12. Describe how to do a basic foot examination and what daily footcare involves

**Learning outcomes**

1. Know what a glucometer is and what it measures
2. Know when it is necessary to perform a blood glucose test on a person
3. Know where to obtain a blood sample when doing a blood glucose test
4. Demonstrate how to do a blood glucose test
5. Know how to use single use safety lancets to obtain a blood sample
6. Know how to correctly dispose of all equipment/supplies used during the procedure
7. Demonstrate how to perform a quality assurance (QA) test for a glucometer
8. Know how to store glucose test strips and QA test solution
9. Know what to do in the event of a needle stick injury
10. Know what issues could cause malfunction of a glucometer
11. Know what to do if the blood glucose level is less than 4mmol/L

This training has been developed by DUET diabetes Ltd  
(includes a printed delegate pack and an electronic certificate)

**Price: £99\***

**Early bird price £94 (until 5 May 2024)**

See overleaf for details on how to book places

**Venue:** Eckling Grange Care Home, Norwich Road,  
Dereham, Norfolk, NR20 3BB

**To pay by credit/debit card:** please scan QR code to book  
and pay via the Ticket Tailor online platform  
(or visit <https://buytickets.at/duetdiabetesltd/1206534>)

**To pay via BACS:** please email [info@duetdiabetes.co.uk](mailto:info@duetdiabetes.co.uk) to provide  
your name, contact phone number and the number of places you  
would like to book. You will then receive an invoice via email.



**Tea and coffee is provided with refreshment breaks.  
Please bring your own lunch to the session as this is not included.**

**What have previous attendees working in social care provider roles said  
about this workshop?**

**“I attended the Diabetes training today. Absolutely brilliant, we all loved it and  
found it so beneficial. We are taking so much back with us to use in the home.  
It will improve our delivery of care around Diabetes and improve outcomes for  
residents. Thank you so much.”**

**“All of the training was very informative and easy to understand. The practical  
session was very useful.”**

**“I thought the workshop was excellent & the trainer explained everything in a  
simple manner so easier to understand. Happy to answer questions too, a lovely  
informal atmosphere for a serious topic. Thank you.”**

**“I found the training to be excellent – I was pleased to be able to take part in it and  
feel that my knowledge was increased as a result.”**

**“Excellent update of knowledge in a great informal environment that allowed  
questions and interaction. For me today was an update of existing knowledge and  
was just what I needed to improve my confidence and prove that I do know stuff.  
Thanks”**

**“Applying diabetes care to care home setting as I was [previously] hospital based.”**