

## **DIABETES IN PRIMARY CARE**

**Module Code:** GPN02  
**Credit Weighting:** 10 ECTS  
**Contact Hours:** 12 (plus allow 4-5hrs per week x 12 weeks distance learning)  
**Timing:** Trimester 2 (January – March)  
**Module Leaders:** Dr. Sean Dinneen, Consultant Endocrinologist  
Ms. Ciara Heverin, Community Diabetes Dietitian

### **Module Description**

This module aims to develop the knowledge and skills of primary care professionals in the management of diabetes. Emphasis will be placed on developing a structured system of care which supports patients in managing their diabetes and maintaining a healthy lifestyle. This module will use the HSE West Diabetes Guidelines and current research in diabetes care as a basis for theoretical and practical lessons.

### **Learning Outcomes**

At the end of this module practitioners will be able to:

- Describe the symptoms, classifications and therapeutics of diabetes
- Carry out regular evaluation with audit of the care of people with diabetes in a practice
- Facilitate diabetic patients in self-management and behaviour change
- Explain the indications for and mechanisms of action of the different classes of glucose-lowering agents used in treating type 2 diabetes
- Describe the causes and complications of hypoglycaemia, diagnose and manage acute hypoglycaemic episodes, and refer when appropriate
- Advise people with diabetes regarding safe driving and international travel
- Evaluate the evidence for aggressive multiple risk factor intervention in diabetes in order to reduce the risk of cardiovascular disease
- Assess and manage hypertension and dyslipidaemia in people with diabetes
- Apply strategies for the prevention of a range of diabetic complications, including eye, kidney and foot disease.
- Describe the problem of erectile dysfunction in the context of diabetes
- Explain the choices in contraception available to individuals with diabetes.
- Describe the importance of good diabetes control in avoiding complications in pregnancy.

### **Module Content**

This module has 12 distance learning units (1 week each) supported by two workshop days.

1. Diagnosis of diabetes
2. Diabetes control & monitoring; self-management education
3. Structured diabetes care
4. Lifestyle modification
5. Therapeutics of Diabetes 1: Glucose-lowering agents
6. Therapeutics of Diabetes 2: Insulin
7. Acute complications of diabetes; driving and travel
8. Preventing cardiovascular disease in diabetes
- 9-11. Preventing diabetic eye, kidney and foot disease
12. Diabetes and pregnancy.

The workshops include diabetic foot care, insulin devices, behaviour modification and nutritional management.

### **Teaching and Learning Strategies**

Online distance learning and face-to-face workshops.

### **Assessment Strategy**

45%: continuous assessment (E-tivities and online participation)

55%: practice-based assignment on completion of module (choice of clinical audit or essay).