



## **Diabetes Educator Certificate Program**

**20 September-13 December, 2017**

**A Thirteen-Week Online Certificate Program**

**Department of Physical Therapy, University of Toronto**

### **CERTIFICATE OVERVIEW**

Diabetes education is a subspecialty for many health professionals, and this online certificate program will provide you with the tools you need to educate your patients. Participants will enhance their knowledge of all aspects of diabetes management including disease process, glycemic targets, medication and nutritional management, and diabetic complications. We will also explore self-management strategies and education theory to enhance the education of patients living with, or at risk for, diabetes. Interprofessional learning is a significant component of this certificate program, and we welcome physical therapists, registered nurses and nurse practitioners, pharmacists, registered kinesiologists, dietitians and nutritionists, social and mental health workers, physicians, occupational therapists and other registered health professionals.

Participants enrolled in this program are expected to complete six online modules and all other certificate components within a thirteen week time frame. You should plan to devote four to eight hours per week to the program. Those who complete the program will receive an official certificate of completion.

Please note: Graduating from this program does not make you a Certified Diabetes Educator (CDE). This Certificate Program reflects the competencies as described in the CDECB Handbook and as such will help educators prepare to write the CDE Exam with the CDECB. To become certified in Canada, you must pass an exam administered by the CDECB. If you have any questions about the CDE Exam, please visit the comprehensive FAQ at <http://www.cdecb.ca/exams/exam-general-faqs/>

## LEARNING OUTCOMES

At the conclusion of this program, learners will be able to:

- Explain the pathophysiology, epidemiology, and risk factors for the development of the different types of diabetes.
- Review with a patient the diagnosis of pre-diabetes and diabetes, as well as glycemic targets and parameters requiring monitoring to reduce the risk of diabetic complications.
- Educate a patient on the roles of nutrition, physical activity, and exercise in the prevention and management of diabetes.
- Counsel a patient on the different pharmacological treatment options through the course of living with diabetes.
- Review strategies to prevent, screen, and identify diabetic complications.
- Implement self-management principles to enhance diabetes education provided to patients and their families.
- Effectively adapt diabetes management and education provided to patients based on patient factors and their stage of life (e.g. child, adolescent, adult).
- Critically analyse current national and international guidelines relating to the prevention and management of diabetes, and apply these to different complex clinical situations.

## CERTIFICATE PROGRAM COMPONENTS

- Six online modules (including readings, online lectures, guiding questions, and additional resources)
- Six module quizzes
- Active participation in online discussion board, moderated by the program facilitators
- Final examination

## MODULE TOPICS

- **Module One - Teaching and Learning:** This module covers the role of diabetes education professionals, health literacy, and adult education, as well as chronic disease self-management principles.
- **Module Two – Diabetes Basics:** This module will review the pathophysiology of diabetes, diagnosis and classification, as well as clinical monitoring and glycemic targets related to living with diabetes. Prediabetes and Metabolic Syndrome are also covered.
- **Module Three – Living with Diabetes:** This module will provide you with the foundational knowledge required to understand how diabetes is treated and the recommended approaches for the effective management of diabetes. This module will go over lifestyle therapy (nutrition and exercise) and pharmacotherapy (oral agents and insulin therapy) in the management of diabetes.

- **Module Four – Acute Complications of Diabetes:** This module will identify diabetic emergencies and initiate appropriate treatment for hypoglycemia, diabetic ketoacidosis, and hyperosmolar non-ketotic acidosis.
- **Module Five - Chronic Complications of Diabetes:** This module will review the screening and implications of macrovascular and microvascular complications of diabetes, including cardiovascular disease, retinopathy, nephropathy, and neuropathy, among others.
- **Module Six – Special Topics and Populations:** This module will cover special considerations with diabetes throughout the lifespan (children, adolescents, and elderly) and discuss pregnancy in diabetes as well as gestational diabetes. Cultural consideration of populations will also be reviewed.

## **INSTRUCTORS**

**Mireille Landry**, PT, MSc, received her BScPT from Queen’s University and her MSc from the Graduate Department of Rehabilitation Sciences, University of Toronto. Mireille’s clinical background includes cardiorespiratory, musculoskeletal and exercise physical therapy in acute care, private practice, and ambulatory care settings. In 2011, she became a Certified Diabetes Educator, one of few physiotherapists to hold that designation. She is currently the Exercise Coordinator for the Women’s Cardiovascular Health Initiative at Women’s College Hospital – a cardiac rehabilitation and primary prevention program for women. Mireille has a teaching appointment at the University of Toronto, Department of Physical Therapy. She is an experienced teacher in the area of cardiorespiratory conditions, exercise and sports therapy. Mireille is also an active member of the Sport Physiotherapy Canada (SPC) division of the Canadian Physiotherapy Association and is currently a director on the board of SPC. She also has post-graduate certification through SPC.

**Nicola Farnell** has worked as a Nurse Practitioner in Endocrinology at Women's College Hospital since 2007 and has been a Certified Diabetes Educator since 2010. She works with individuals with Type 2 diabetes, Type 1 Diabetes, gestational diabetes, and polycystic ovary syndrome (PCOS). Nicola is also an Adjunct Lecturer at the Lawrence S. Bloomberg Faculty of Nursing, University of Toronto.

## **TECHNICAL REQUIREMENTS**

To participate in this online offering, you will need:

1. An up-to-date web browser, preferably Google Chrome, Mozilla Firefox, or Safari.
2. A recent version of Adobe Reader (<http://get.adobe.com/reader/>)
3. A recent version of Adobe Flash. It can be downloaded from <http://get.adobe.com/flashplayer/> although some web browsers include it.

It is possible to view content and participate on the discussion board with a smart phone using the Blackboard Mobile Learn app; however, it cannot be used to take tests. Links to download the app for iOS, Android, and Blackberry can be found at: <http://www.portalinfo.utoronto.ca/content/blackboard-mobile-learn>

## **REGISTRATION**

**Register at:** <http://www.physicaltherapy.utoronto.ca/continuing-education/courses/diabetes-educator-certificate-program/>

**Registration fees include all certificate program materials:**

**Early Bird Fee:** \$850 (**received** on or before Tuesday, 15 August, 2017)

**Regular Fee:** \$975 (**received** after Tuesday, 15 August, 2017)

**Registration Deadline:** 6 September, 2017

Phone: (416) 946-8641 • Fax: (416) 946-8562

For further information please contact: [pt.coned@utoronto.ca](mailto:pt.coned@utoronto.ca)

*Refund for withdrawal from the certificate program is subject to a \$75.00 administration fee.*

*The University of Toronto reserves the right to cancel in cases of insufficient registration.*