

Diabetes Review and Update *Wednesday, Oct. 17, 2012*

Course Description: This annual program will highlight the latest concepts in the diagnosis and care of people with diabetes. It is not recommended for health professionals who are certified diabetes educators or for those who have attended in the past. The course will focus on how to apply the information the speakers cover and will include a session on this topic.

Continuing Education: This continuing Nursing Education activity was approved by the Connecticut Nurses' Association, an Accredited Approver by the American Nurses Credentialing Centers Commission on Accreditation.

The Connecticut Nurses' Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Application for 5 hours of credit has also been submitted to the American Dietetic Association for registered dietitians.

Tuition: Early Bird Special \$50, must be received by September 17. The fee after Sept. 17 is \$60 and must be received by October 10. Program limited to 100 people. We must enroll at least 50 people to run it.

Registration: See other page for instructions. Pre-registration is required.

Questions: Call Cindy Kozak at 860-509-7737 or cindy.kozak@ct.gov

Program Objectives:

- Discuss the pathophysiology of diabetes.
- Describe the management of hypo and hyperglycemia.
- Describe diabetes complications.
- Identify diagnostic criteria and treatment goals of gestational diabetes and identify treatment options.
- Outline the benefits of exercise in diabetes.
- Describe motivators and barriers to exercise.
- Relate the mechanism of action of diabetes medications.
- Discuss the place in therapy for diabetes medications based on physiologic mechanisms.
- Compare and contrast the different insulin types.
- Summarize the benefits of medical nutrition therapy.
- Recall the nutritive values of macronutrients.
- Describe the methods for teaching medical nutrition therapy.
- Propose at least one practice change as a result of attending the program.

DIRECTIONS

**Cross St A.M.E. Zion Church,
440 West St, Middletown, CT
860- 344-9527**

From New Haven and South

I-91 North to Exit 18/RT 66 toward Middlefield/Middletown. Go 5.6 miles take right on West St/CT 157. Go .8 miles, 440 West St on left.

From Hartford and North

Exit 15 off 9 South stay straight to go onto Washington St (1.4 miles). Left on West St/CT 157. Go .8 miles, 440 West St on left.

Diabetes Review and Update 2012



Wed., October 17, 2012
Cross St A.M.E. Zion Church
440 West Street, Middletown

Schedule**Faculty**

Diabetes Review and Update
 Wednesday, October 17, 2012
 Registration

\$50 must be received by September 17, 2012. After that \$60, must be received by October 10, 2012

7:30-8:00 Continental Breakfast and Registration

8:00-8:10 Welcome

8:10-9:10 **Pathophysiology-DKA, HHNS**
 Carl Malchoff, MD, PhD

9:10-9:15 In room Stretch break

9:15-10:30 **Diabetes Complications**
 Egils Bogdanovics, MD

10:30-10:45 Break

10:45-11:35 **Exercise for People with Diabetes**
 Cindy Kozak, RD, MPH, CDE

11:35-12:05 Lunch

12:05-1:20 **Diabetes Medications**
 Devra Dang, PharmD, BCPS, CDE

1:20-1:30 Break

1:30-2:20 **Medical Nutrition Therapy for Diabetes**, Jean Kostak, MS, RD, CD-N, CDE

2:20-2:50 Round table discussions on how to apply course information.

2:50-3:00 Wrap up and Evaluations

Carl Malchoff, MD, PhD, Associate Professor, Division of Endocrinology and Metabolism, Co-director, Diabetes Self-Management Education Center, University of Connecticut Health Center

Egils Bogdanovics, MD, Medical Director
 Hungerford Diabetes Center

Jean Kostak, MS, RD, CD-N, CDE, Diabetes Education Program Coordinator, University of Connecticut Health Center

Devra Dang, Pharm. D., BCPS, CDE, Associate Clinical Professor University of Connecticut School of Pharmacy and School of Medicine, Clinical Pharmacist Burgdorf Health Center.

Cindy Kozak, RD, MPH, CDE
 Coordinator of the Diabetes Prevention and Control Program, CT DPH

Please contact Cindy Kozak at 860-509-7737 or cindy.kozak@ct.gov for vegetarian meal or any other special needs

Name/Credentials: _____

Address: _____

Email: _____

Day phone: (____) _____

Eve phone: (____) _____

Fax: (____) _____

Job title: _____

Employer: _____

Special accommodations/diet: _____

Please send check payable to:
 Treasurer, State of Connecticut

Mail to:

Cindy Kozak

410 Capitol Ave MS 11APV

Hartford, CT 06134

For more information:

860-509-7737, cindy.kozak@ct.gov

Registration confirmation will be sent via email