

## Diabetes Care Givers Education Day

### Aims:

Giving an overview of diabetes for Care Givers, Community Mental Health Workers, Health Care Assistants, anyone working with, caring for or supporting people living in the community with Diabetes

### Content:

- WHAT IS DIABETES?
- MEDICATIONS FOR DIABETES
- HOW TO SUPPORT A PERSON TO MANAGE THEIR DIABETES
- HIGH AND LOW BLOOD GLUCOSE LEVELS
- FOOT CARE
- FOOD AND DIABETES
- EXERCISE AND DIABETES
- BLOOD GLUCOSE TESTING
- ANNUAL DIABETES CHECK

Available to:	Price (+ GST)	Booking Method
Hutt Valley DHB Staff	NIL	MyPay
Wairarapa/CCDHB Staff	NIL	MyPay
External Health Professionals (Primary Health, PHO, Aged Care)	NIL	<a href="mailto:melissa.vartan@huttvalleydhb.org.nz">melissa.vartan@huttvalleydhb.org.nz</a>
Private sector & other DHB's	NIL	<a href="mailto:melissa.vartan@huttvalleydhb.org.nz">melissa.vartan@huttvalleydhb.org.nz</a>

Target Audience	Care Givers, Community Mental Health Workers, Health Care Assistants, Or anyone working with, caring for or supporting people living in the community with Diabetes
Pre reading requirements	NIL
Course Facilitator	Malia Debracher, Diabetes Nurse Educator
Food Provided	Morning tea and afternoon tea provided. BYO lunch

### Course Details:

Day	Date	Venue	Time: From -To
Monday	8 <sup>th</sup> April	Auditorium – Learning Centre – Hutt Hospital	9.00am– 4.30pm
Monday	23rd September	Auditorium – Learning Centre – Hutt Hospital	9.00am– 4.30pm