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Ministry of Health Malaysia



D'Centers is a **NOT-FOR-PROFIT Resource Centre** providing service for people with diabetes and associated conditions

Intensive Training Course in Managing Diabetes

26 – 30, June 2019

Holiday Villa Hotel & Conference Centre Subang
Subang Jaya, Selangor

Objectives of the course

The Intensive Training Course in Managing Diabetes aims to help health care professionals responsible in the day-to-day care of people with diabetes to increase competency and improve management of diabetes. The Course shall provide theoretical knowledge and practical skills of managing diabetes.

Participants are expected to be able to:

- Gain knowledge on recent advances and practical aspects of managing diabetes, especially focusing on individualised goals of therapy based on patient-specific characteristics.
- Describe the key components of effective behaviour modification and patient centred approach in managing diabetes.
- Determine optimal therapeutic regimens and lifestyle modification for people living with diabetes
- Identify and resolves barriers and challenges in managing diabetes.
- Understand basic foot care management for diabetics with foot complications.

Who Should Attend

Healthcare professionals responsible for managing people living with diabetes including:

- Specialists
- General Practitioners
- Medical Officers
- Medical Assistants
- Nurses
- Dietitians
- Pharmacists



Secretariat:

**Intensive Training Course in Managing Diabetes,
Diabetes Resource Centre (D'Centers)**

No. 43 & 45, Jalan Ramin 1/KS7, Bandar Botanic, 41200 Klang, Selangor Darul Ehsan.

Tel: +603-3319 4100/4200 Fax: +603-3319 4500

Email: enquiry@dcentersdiabetes.com Website: www.dcentersdiabetes.com

PROGRAMME OUTLINE*

DAY 1 JUNE 26	DAY 2 JUNE 27	DAY 3 JUNE 28	DAY 4 JUNE 29	DAY 5 JUNE 30
(0730 – 0800) REGISTRATION	(0730 – 0800) REGISTRATION	(0730 – 0800) REGISTRATION	(0730 – 0800) REGISTRATION	(0730 – 0800) REGISTRATION
(0800-0815) PRE-TEST				
(0830 – 0900) Pathophysiology, Types and Prevention of Diabetes Mellitus	(0830 – 0900) Lifestyle Modification – Make It Do-able for Your Patients	(0830 – 0900) Dietary Management for Diabetics with Complications	(0830 – 0900) The Use of Cognitive Behaviour Therapy in Diabetes Management	(0830 – 0900) Routine Checks and Tests & Optimal targets for diabetics
(0900 – 0930) Screening & Diagnosis of Diabetes and Prediabetes	(0900 – 0930) Acute complications Hyper Hypo Dawn & Somogyi	(0900 – 0930) Diabetes in Pregnancy	(0900 – 0930) Peri-operative Diabetes Management	(0900 – 0930) New Drugs with Heart & Kidney Protection
(0930 – 1000) Medical Nutrition Therapy	(0930 – 1000) Sick day & Travelling guide	(0930 – 1000) Diabetes in Children and Adolescents	(0930 – 1000) Management of Diabetes During Ramadhan	(0930 – 1000) Self-Management and Empowerment: Where Are the Barriers?
(1000 – 1030) TEA BREAK				
(1030 – 1100) Sponsor Slot #1	(1030 – 1100) Sponsor Slot #2	(1030 – 1100) Sponsor Slot #3	(1030 – 1100) Sponsor Slot #4	(1030 – 1100) Sponsor Slot #5
(1100 – 1130) Importance of Physical Activities for Diabetes Control	(1100 – 1130) Chronic Microvascular Complications	(1100 – 1130) Diabetes in the Elderly	(1100 – 1130) Basic Diabetic Foot Care: neuropathy	(1100 – 1130) Complementary and Alternative Therapies
(1130 – 1230) Treatment of Diabetes: Oral Anti-Diabetic Agents (types/action, Indication, dosage, side-effect)	(1130 – 1200) Chronic Macrovascular Complications	(1130 – 1200) Diabetes and Depression	(1130 – 1200) Basic Diabetic Foot Care: Foot ulcers	(1130 – 1200) Oral Health and Diabetes
	(1200 – 1300) Insulin Therapy/ GLP-1 Receptor Agonists	(1200 – 1230) Hypertension in Diabetics	(1200 – 1230) Basic Diabetic Foot Care: Foot deformity	(1200 – 1230) Diabetes and Sexual Health
(1230 – 1300) Monitoring BG Control		(1230 – 1300) Dyslipidaemia with Diabetes	(1230 – 1300) Basic Diabetic Foot Care: prevention & offloading	(1230 – 1300) Setting up a Diabetes Educational Clinic & Team Approach
(1300 – 1400) LUNCH BREAK				
(1400 – 1500) Carbohydrate / calorie Counting	(1400 – 1500) Diabetes Education & Behavioral Modification	(1400 – 1500) Meal Planning and Diet Composition	(1400 – 1500) Motivational Interviewing	(1400 – 1500) Round Table Discussion Why Diabetics Fail To Achieve Good Control?
(1500 – 1600) BG Monitoring	(1500 – 1600) Injection Techniques for Insulin and GLP-1R agonists	(1500 – 1600) Exercise For diabetics (Tai Chi, Qigong, Yoga)	(1500 – 1600) Role of the Diabetes Educator	(1500 – 1600) Diabetes Conversation Maps
(1600 – 1700) CASE STUDY 1 Interpreting SMBG & Patient-centred Education	(1600 – 1700) CASE STUDY 2 Oral Anti-diabetic Agents	(1600 – 1700) CASE STUDY 3 Insulin/GLP-1 RA Therapy	(1600 – 1700) CASE STUDY 4 Neuropathy & Diabetic foot ulcer	(1600 – 1700) Questions & Answers Session: Clearing Doubts
(1700 – 1730) POST-TEST / TEA BREAK				

*Subject to change

Certificate of attendance will be provided for all participants &
CME points are available for Malaysian Doctors, Nurses & Medical Assistants.
CPD points for doctors shall be applied for.

Certificate of successful completion will be provided to those who completed the Course
and pass the Post-test Assessments.

SCIENTIFIC PROGRAMME BRIEFS*

LECTURES

1. Pathophysiology, Types and Prevention of Diabetes Mellitus
2. Screening & Diagnosis of Diabetes and Prediabetes
3. Medical Nutrition Therapy
4. Importance of Physical Activities for Diabetes Control
5. Treatment of Diabetes: Oral Anti-Diabetic Agents (Types /action, indication, dosage, side effects)
 - 5.1 'Established' OHAs (Metformin, Sulphonylureas, Alpha-glucosidase Inhibitor) (30 min)
 - 5.2 'Newer' OHAs (Pioglitazone, DPP4-I, SGLT2-I) (30 min)
6. Monitoring BG Control
7. Lifestyle Modification – Make It Do-able for Your Patients
8. Acute complications
 - 8.1 Hyper (10 min)
 - 8.2 Hypo (10 min)
 - 8.3 Dawn & Somogyi (10 min)
9. Sick day & Travelling guide
10. Chronic Microvascular Complications
11. Chronic Macrovascular Complications
12. Dietary Management for Diabetics with Complications
13. Diabetes in Pregnancy
14. Diabetes in Children and Adolescents
15. Diabetes in the Elderly
16. Diabetes and Depression
17. Hypertension in Diabetics
18. Dyslipidaemia with Diabetes
19. The Use of Cognitive Behaviour Therapy in Diabetes Management:
20. Peri-operative Diabetes Management
21. Management of Diabetes During Ramadhan
22. Basic Diabetic Foot Care:
 - 22.1 Neuropathy (30 min)
 - 22.2 Foot ulcers (30 min)
 - 22.3 Foot deformity (30 min)
 - 22.4 Prevention & Offloading (30 min)
23. Routine Checks and Tests & Optimal targets for diabetics
24. Summary of Insulin Therapy/GLP-1 Receptor Agonists
 - 24.1 Insulin action/indication/side-effects (10 min)
 - 24.2 Ultra-fast and Fast-Acting insulins/ Short-Acting insulins (15 min)
 - 24.3 Medium-Acting and Long-Acting/ Ultra-long Acting Insulins (15 min)
 - 24.4 Short-Acting and Long-Acting GLP-1 RA (10 min)
 - 24.5 Combinations: Insulin-insulin; Insulin-GLP-1 RA (10 min)
25. New Drugs with Heart & Kidney Protection
26. Self-Management and Empowerment: Where Are the Barriers?
27. Complementary and Alternative Therapies
28. Oral Health and Diabetes
29. Diabetes and Sexual Health
30. Setting up a Diabetes Educational Clinic & Team Approach

WORKSHOPS

1. Carbohydrate / Calorie Counting
2. BG Monitoring
3. Diabetes Education & Behavioral Modification
4. Injection Techniques for Insulin and GLP-1R agonists
5. Meal Planning and Diet Composition
6. Exercise For Diabetics (Tai Chi, Qigong, Yoga)
7. Motivational Interviewing
8. Role of the Diabetes Educator
9. Diabetes Conversation Maps

CASE DISCUSSIONS

1. Interpreting SMBG & Patient-centred Education
2. Oral Anti-diabetic Agents
3. Insulin/GLP-1 RA Therapy
4. Neuropathy & Diabetic Foot Ulcer

QUESTIONS & ANSWERS SESSION

Clearing Doubts

ROUND TABLE DISCUSSION

Why Diabetics Fail To Achieve Good Control?

PRE-TEST AND POST-TEST ASSESSMENT (Every Day)

SPONSORED LECTURES / CASE DISCUSSIONS

**Subject to change*

REGISTRATION FEE

Registration form is enclosed with this **PROGRAMME ANNOUNCEMENT**. Completed form must be returned with the registration fee (made Payable to **National Diabetes Institute**) to the Secretariat of the **"Intensive Training Course in Managing Diabetes"** by mail.

Number of participants is limited. PLEASE BOOK EARLY. Registration is on first-come basis.

Registration fee covers admission to all Intensive Training Course in Managing Diabetes lectures, workshops, case-discussions, identification tag & printed materials, tea breaks and lunches as follows:

REGISTRATION 5 days Intensive Training Course in Managing Diabetes	COURSE FEE*
EARLY BIRD Registration (before 30 April, 2019)	RM920
Registration (after 30 April, 2019)	RM980

*subsidised rate

ACCOMMODATION

Participants are expected to make their own arrangements regarding accommodation either with Holiday Villa Hotel & Conference Centre Subang (Course venue) or other nearby hotels.

For further Information and Updates regarding

Intensive Training Course in Managing Diabetes (ITCMD) 2019, please contact:
The Secretariat (Attention: Ms Siti Faridah / Mr Alvin / Ms Lim Chwee Eng)

Diabetes Resource Centre (D' Centers)

No. 43 & 45, Jalan Ramin 1/KS7, Bandar Botanic, 41200 Klang, Selangor Darul Ehsan.
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or visit our website:
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About the National Diabetes Institute (NADI)

The National Diabetes Institute (NADI) is established to provide dedicated and comprehensive service for people with diabetes, to prevent and control diabetes, its complications and associated diseases.

NADI is a non-profit, Non-Governmental Organisation (NGO) managed by a Board of Trustees with our Prime Minister YAB Tun Dr. Mahathir Mohamad as Patron.

The Board of Trustees comprises of Founding and Elected members and representatives from the Malaysian Endocrine and Metabolic Society (MEMS), Diabetes Malaysia (DM) and Ministry of Health (MOH), Malaysia.

The main objectives of NADI are:

1. to be a National Diabetes Education Resource Centre for the country
2. to establish and run a comprehensive health facility including a National Diabetes Hospital for the management of diabetes and its complications
3. to create and maintain a National Diabetes Registry
4. to coordinate and conduct research in diabetes and related conditions
5. to be the national coordinating centre for diabetes in Malaysia in respect to statistics, education, management, research, policy and planning on diabetes and associated diseases
6. to prevent diabetes and associated cardiometabolic conditions such as high blood pressure, high blood cholesterol and heart disease through the promotion of healthy lifestyle



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