



**Course title:** Diabetes Mellitus

**Duration:** Half day

**Maximum number of learners:** 16

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#### **Course overview:**

Diabetes is a health condition that requires strict monitoring and management. While this can usually be done by the individual, it's essential that anybody who spends time with them knows how to help should it be needed.

This course is suitable for anybody who spends time around someone with diabetes.

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#### **Course learning outcomes:**

By the end of the session, you will be able to:

- Describe the term Diabetes Mellitus
- Discuss and explore the types of diabetes
- List the common symptoms of undiagnosed diabetes
- Describe the diagnostic process
- Discuss the importance of early treatment
- List the complications of diabetes mellitus
- Cite the importance of blood glucose monitoring
- Discuss blood glucose monitoring
- Describe the different types of insulin and their uses
- Discuss the emergency treatment for a Diabetic Emergency