

## CERTIFICATE II IN UNDERSTANDING & MANAGEMENT OF DIABETES

The Certificate II in Understanding & Management of Diabetes (I0046NAT) is written by the international health author Ian P McAllister and illustrated by comic artist, illustrator and novelist John Farrelly. This NEW course is nationally accredited by ASQA.

Learners are supported throughout the duration of the course by experienced and qualified health related trainers.



### This course is ideal for:

- ▶ Anyone diagnosed with diabetes
- ▶ Women who have had gestational diabetes
- ▶ People who have a family member with diabetes
- ▶ Aged/home and community/disability care workers
- ▶ CPD for nurses, pharmacists, fitness instructors
- ▶ Anyone who is overweight and does little or no regular exercise or long periods sitting at work
- ▶ People at risk of potential workplace restrictions if they develop insulin dependant diabetes (includes drivers of large goods vehicles, passenger carrying vehicles, police, fire-fighters, armed service personnel, pilots, operators of dangerous machinery or working at heights, offshore or underground)
- ▶ Indigenous Australians and high risk ethnicity (such as Maori, Pacific Islanders, Indonesian, South Asian, Middle Eastern, African American)

(The Australian Skills Quality Authority (ASQA) is the national regulator for Australia's vocational education and training sector.)

## WHAT'S INCLUDED IN THE COURSE?

This flexible distance learning course contains four separate modules.

**Module 1:** Understand the principles of diabetes

**Module 2:** Understand the management of diabetes

**Module 3:** Prevention, complications and care of diabetes

**Module 4:** Cardiovascular care for people with diabetes

**Duration:** 18-22 weeks flexible distance or online learning (group sessions may be available).

**Assessments:** There are a range of flexible assessment strategies to meet the individual needs of the learner. For example, these may include multi-choice questions, self-assessments, verbal questioning, written assessments/projects and activities.

**Support:** Tutor support/feedback from experienced and qualified health related trainers/assessors.

**Completion certificate:** The Certificate II in Understanding and Management of Diabetes will be issued by Australian First Aid to successful learners. (*A Statement of attainment may be issued for individual modules completed*).

For details on costs and how to enrol:

## ENROL TODAY



**Australian First Aid**

*trading name of*

**APL Group Pty Ltd**

Registered Training Organisation 3586

*For bookings phone*

**1300 975 889**

*or email*

**courses@aplgroup.com.au**

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## CERTIFICATE II IN UNDERSTANDING & MANAGEMENT OF DIABETES

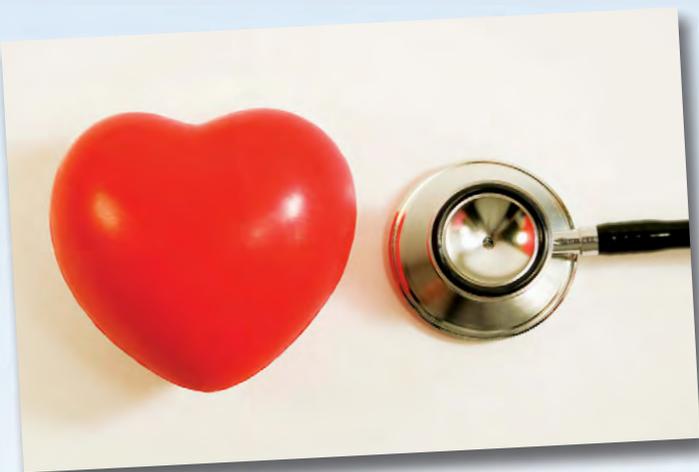
# 1 in 4

**Adults have diabetes  
or pre-diabetes\***



## Understand the principles of diabetes Module 1

- ▶ **1 in 4** Australian adults have diabetes or pre-diabetes\*
- ▶ **366 million** people worldwide have diabetes
- ▶ Diabetes is the leading cause of **vision loss**
- ▶ Diabetes is the main cause of **limb amputations** in Australia
- ▶ Diabetes is one of the main causes of **kidney failure** in Australia
- ▶ People with diabetes are **TWICE** as likely to have a **HEART ATTACK** as people without diabetes



- ▶ People with diabetes are **TWICE** as likely to develop **depression**
- ▶ **Type 2 diabetes** cannot be reversed but in the majority of cases it **can be prevented**
- ▶ Approximately **80%** of people are **overweight** when first diagnosed with type 2 diabetes
- ▶ Diabetes costs Australia over **\$1 million per hour**
- ▶ **3 in 5** people with diabetes also have cardiovascular disease
- ▶ **7.2 million** pharmaceutical scripts were claimed for diabetes medicines in 2011

\* Nearly one in four adults aged 25+ have diabetes or pre-diabetes (AusDiab 2005 - IDI, 2006.)

## WHAT IS DIABETES?

**INSULIN** is a hormone produced in the pancreas which regulates **GLUCOSE** in the bloodstream. People with diabetes have **TOO MUCH GLUCOSE IN THEIR BLOOD**.

The cause is either:

- ▶ The pancreas has stopped producing insulin – This is known as type 1 diabetes (10-15% of all diabetes cases)

OR

- ▶ The pancreas does not produce enough insulin, or more commonly, cells of the body develop a resistance to the insulin - This is known as Type 2 diabetes. (85-90% of all diabetes cases)

## WHAT ARE THE KEY SYMPTOMS?

- ▶ Increased thirst
- ▶ Frequent urination
- ▶ Lack of energy
- ▶ Blurred vision

### Other symptoms may include:

- ▶ Slow healing of wounds
- ▶ Unexplained weight loss (in Type 1 diabetes)
- ▶ Infections or repeated bouts of thrush



## RISK FACTORS

The exact cause of type 1 diabetes is not yet known, but it is understood that it is an autoimmune response, has a strong family link and cannot be prevented. It can be managed through maintaining a healthy lifestyle, regular blood glucose testing and insulin.

Approximately **80%** of people are **OVERWEIGHT** or **OBESE** at the time of diagnosis of type 2 diabetes and in the majority of these cases, diabetes “could have” been prevented in the first place with changes to their activity and lifestyle choices.

Risk factors which increase the chance of developing Type 2 diabetes:

- ▶ Being overweight (Body Mass Index (BMI) of 25+ you are **TWICE** as likely), being obese (BMI of 30+ you are **FOUR** times more likely)
- ▶ Lack of exercise/sedentary workplace environment
- ▶ Unhealthy eating habits/portion sizes
- ▶ Family history of diabetes (parents, siblings, even grandparents)
- ▶ High blood pressure and high cholesterol
- ▶ Smoking (50% increase)
- ▶ Excess alcohol consumption (high calories)
- ▶ Age (usually 30+) although can be younger
- ▶ having pre-diabetes or metabolic syndrome
- ▶ Having had gestational diabetes
- ▶ Abdominal obesity/larger waist circumference

Indigenous Australians are **THREE** times more likely to develop diabetes compared to the non-indigenous population.

Type 2 diabetes **CANNOT** be reversed but it can be successfully managed with changes to diet, exercise and certain lifestyle choices.

This may be enough at first. However, people with Type 2 diabetes may need to take oral medication or inject diabetes medication. Type 2 diabetes is a progressive condition that may require insulin.

