Diabetes Management in the 21st Century

The past two decades have witnessed an explosive increase in the number of people diagnosed with diabetes worldwide, so up-to-date diabetes training is vital for health professionals. Significant changes in the human environment, human behaviour and lifestyle have accompanied globalization and collectively these have resulted in an alarming increase in the prevalence of both obesity and diabetes.

In the short term, this condition is associated with a reduced quality of life (QoL), while in the longer term it can potentially lead to serious life-threatening complications. Evidence suggests that DM is the fifth leading cause of mortality globally. The life expectancy of people with T2DM, for example, may be shortened by as much as 15 years, with up to 75% of patients dying of cardiovascular disease.

This 1-day Diabetes Management in the 21st Century training course is designed for all multi-disciplinary health care professionals involved in supporting people with diabetes.

Overview

Diabetes Management in the 21st century

Diabetes mellitus (DM) which is classified mainly into type 1 and type 2 diabetes, is a lifelong metabolic disorder, characterized by a chronically elevated blood glucose level (hyperglycaemia) resulting from defects in insulin secretion, insulin action or both. Once considered a disease of minor significance to world health, DM is now taking its place as one of the main threats to human health in the 21st century.

DM is associated with considerable human, social and economic costs, and places great demands on health care resources. There is therefore increasing concern amongst government officials and public health agencies about the increasing cost of managing diabetes.

Diabetes currently accounts for approximately 10% of the total health resource expenditure and this is projected to account for around 17% in 2035/2036, therefore it is crucial that diabetes management is addressed. A recent report has estimated that diabetes cost in the UK in 2010/2011 was £23.7 billion (bn). This comprised of £9.8bn in direct costs (£1bn for T1DM, £8.8bn for T2DM) and £13.9bn in indirect costs (£0.9bn and 13bn). In reality, the 2035/2036 cost is estimated at £39.8bn.
Its breakdown suggests that £16.9bn will incur in direct costs (£1.8bn for T1DM and £15.1bn for T2DM) and £22.9bn in indirect costs ( £2.4bn and £20.5bn). The report further suggests that the cost of treating diabetes complications is expected to almost double from the current total of £7.7 billion to £13.5 billion by 2035/6.

This relentless diabetic epidemic means that its management is becoming a significant healthcare challenge. A coordinated effort is necessary to improve human behaviour and lifestyle to halt the diabetes epidemic and the development of such complications as retinopathy, nephropathy, neuropathy, cardiovascular diseases, peripheral vascular diseases and stroke.

**Delegates and Agenda**

This one-day diabetes management course is designed for anyone involved in supporting people with diabetes. During the course of the day, participants will be provided with a comprehensive, up-to-date evidence-based knowledge of diabetes and diabetes management in order to further enhance their existing skills in providing high quality care to people with diabetes.

<table>
<thead>
<tr>
<th>Time</th>
<th>Subject</th>
<th>Speaker</th>
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<tbody>
<tr>
<td>09.30 – 09.55</td>
<td>Welcome, Registration &amp; Coffee</td>
<td>Dr Danny Meetoo-Lecturer UoS</td>
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<tr>
<td>10.00 – 11.00</td>
<td>Prevalence, Classification, Diagnosis &amp; prevention</td>
<td>Dr Danny Meetoo-Lecturer UoS</td>
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<tr>
<td>11.00 – 12.00</td>
<td>Diabetes: The human, social &amp; economic challenge</td>
<td>Dr Danny Meetoo-Lecturer UoS</td>
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<td>12.00 – 13.00</td>
<td>Lunch</td>
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<td>13.00 – 14.00</td>
<td>Empowerment &amp; diabetes self-care management</td>
<td>Dr Danny Meetoo-Lecturer UoS</td>
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<td>14.00 – 15.00</td>
<td>Empowerment &amp; diabetes self-care management</td>
<td>Dr Danny Meetoo-</td>
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Learning Outcomes

Diabetes Management in the 21st Century will help you achieve the following objectives:

- Update and expand your knowledge of diabetes
- Define diabetes mellitus (DM) and its main classification
- Understand the current global prevalence of DM and its implication for global health
- List the factors likely to contribute to DM
- Explain the physiological manifestation of DM
- Recognise and initiate screening, diagnostic and assessment skills in relation to people with diabetes
- Promote self-care management through empowerment
- Describe the complications of DM
- Understand the experience of living with diabetes

If you are interested in learning more about this diabetes management course, or other courses available, please contact us on 0845 431 0433 or cpd@salford.ac.uk