

Using new methods to solve old problems:

# Online training in diabetes education for Health Care Professionals



**National Diabetes  
Care Course**

**Leanne Mullan**  
**NADC Project Manager**

## Why e-learning?



Learning through e-learning typically requires

**40-60%**  
LESS EMPLOYEE TIME  
than learning the same material in  
a traditional classroom setting.

Brandon Hall Study  
Brandon-hall.com

Since the year 2000, the  
**GROWTH** of the e-learning  
industry has been of

**900** %



WITH E-LEARNING,  
PARTICIPANTS LEARN NEARLY

**5**  
times

**MORE MATERIAL**  
without increasing time spent in training.



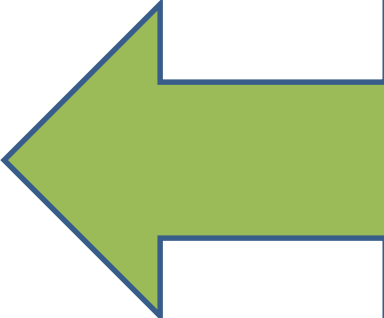
## Background

- General Care Course (GCC) developed 2001
- 300 PowerPoint slides - 9 modules
- GCC delivered face to face by CDE, dietitian & endo



Chris Zingle  
Debra Bailey  
Ruth Colagiuri  
Kaye Neylon  
Anne Robinson

- Updated 2014 by an expert panel



Margaret McGill  
Ashim Sinha  
Wendy Bryant  
Natalie Wischer  
Sophia Zoungas

- Updated 2016



Giuliana Murfet

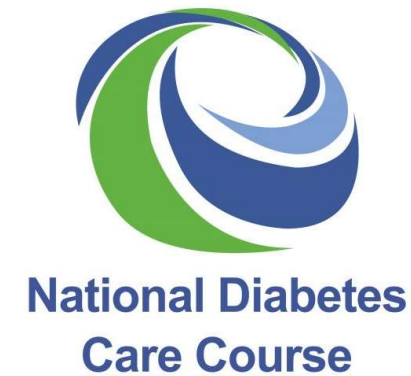


**National Diabetes  
Care Course**

## Background

particularly for our primary  
care & rural diabetes  
service membership

- Need for online learning course
- 2017 General Care Course placed onto online learning platform
- Rebranded as the “National Diabetes Care Course”



- Expert review of content in 2017

Michelle Robins, Tang Wong,  
Elaine Pretorious, Cheryl  
Steele, Clement Lo,  
Trisha Dunning, Heather  
Hart, Liz Oberstellar,  
Gary Deed, Ralph Audehm,  
Gary Kilov, Margaret  
Stewart, Michaela Newbon,  
Scott Twigg



## Who is the course for?

All health professionals involved in the care of people with diabetes



## Objectives

- Provide current knowledge of diabetes clinical management and self care recommendations
- Provide evidenced-based best practice diabetes management information
- Support health professionals to develop standardised diabetes education that is customised and accessible to all people with diabetes







# The Learning Platform

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## Video Overview - Foot Complications [Open in Page Editor](#)

Completed

- ▶ [Module 2: Chronic Complications](#)
- ▼ [Assessing and Managing Diabetes Foot Problems](#)
  - [Video Overview - Foot Complications](#)
  - [Effects of Nerve Damage](#)
  - [Charcot's Neuropathy](#)
  - [Vascular Complications](#)
  - [Diabetes Foot Assessment](#)
  - [Useful Resources](#)
  - [Self Care](#)
- [Conclusion](#)

The video player interface shows a portrait of Prof. Stephen Twigg on the left. To the right of the video frame, there is a dark overlay with white text. The text identifies him as Prof. Stephen Twigg, MBBS(Hons-1), PhD, FRACP, Head, Dept of Endocrinology, Royal Prince Alfred Hospital; Kellion Professor of Endocrinology, Stan Clark Chair in Diabetes, Sydney Medical School, The University of Sydney. Below this, the title "Foot Complications in Diabetes" is displayed. At the bottom right of the overlay is the NADC logo.

**Prof. Stephen Twigg**  
MBBS(Hons-1), PhD, FRACP,  
Head, Dept of Endocrinology,  
Royal Prince Alfred Hospital;  
Kellion Professor of Endocrinology,  
Stan Clark Chair in Diabetes,  
Sydney Medical School,  
The University of Sydney

**Foot Complications  
in Diabetes**



[◀ previous](#)

[next ▶](#)

- Learning videos from experts

## Flash Glucose Monitoring [Open in Page Editor](#)

Completed

- ▼ Diabetes Devices
  - Insulin Pumps
  - Continuous Glucose Monitoring (CGM)
  - DIY Hybrid Pancreas
  - Flash Glucose Monitoring
  - Other Gadgets
- Health Technologies
- Psychological Impact of New Technologies - Video Clip
- Video Overview - Diabetes & Technology
- Conclusion

Click below to access audio



Click on each tab heading below to read more.

What is it? Cost How does it work?

Flash glucose monitoring is sensor technology that enables the user to monitor their glucose levels without pricking your finger. This technology is currently available in the Freestyle Libre system (<https://www.freestylelibre.com.au/>).

The system has two parts:

- A small white disc (about the size of a twenty cent coin) is positioned on the back of the upper arm. This holds the 'sensor', which is worn just under the skin



- And, a 'reader' which when held over the sensor, gives a glucose reading
  - The FreeStyle Libre reader shows:
    - A number - current glucose reading
    - A trend arrow - where your glucose is heading
    - A graph - the latest 8 hours of glucose history
    - The reader also has a built-in blood glucose and ketone testing strip port



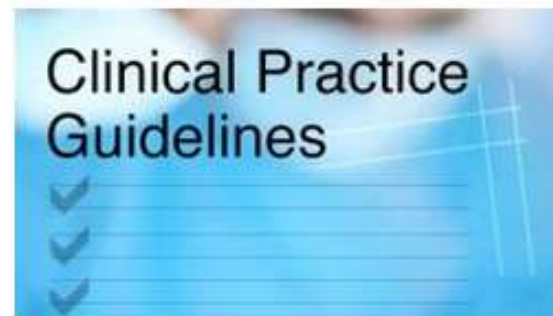
- 24 hour a day access
- Online assessments
- Certificate on completion
- Audio commentary
- External links and resources




- Management Goals
  - Progressive Changes to Living Arrangements
  - General Guidelines for Management Goals
  - Factors Affecting Diabetes Control In The Older Person
  - Physical Activity
  - Nutrition
  - Cognitive Capacity
  - Capacity To Learn
  - Multiple Therapies
  - Medicine Related Adverse Events
  - Social And Emotional Factors
  - Care Plans For Older People
  - Targets Of Blood Glucose Levels
  - Local Services
  - McKellar Guidelines For Managing Older PWD
  - Risk Assessment Tools
- Conclusion



- Changes to lifestyle can be more difficult in the older person, both physically and psychologically
- BGL targets may be modified for short term goals and symptom relief
- Maintenance of independence is enhanced by not introducing complex unnecessary intrusions
- Dignity and privacy should be respected and safeguarded
- Guidelines focus on "healthy" person with diabetes over the age of 65 years - so keep this in mind!
- A holistic, individualised care plan is needed for and with each older person with diabetes
- Needs of the frail older person should be considered on an individual basis (consider physical and mental status)
- There is a need to consider the cumulative challenges faced by older people due to the increasing disease burden, increasing treatment and medicine burden and the resultant increasing self-care burden




- Ability for admin to manage bulk registrants e.g Western Sydney



“ensuring nurses across Western Sydney have a consistent approach and key messages when caring for people with diabetes in the General Practice setting”

# 10 Modules

1. What is diabetes
2. Chronic complications
3. Lifestyle issues
4. Diabetes medicines
5. Acute complications
6. Self monitoring of diabetes
7. Groups with special needs
8. Support services
9. Managing diabetes in general practice
10. Diabetes and technology



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Completed

- Module 1: What is Diabetes?
  - Welcome from the NADC CEO
  - Module Overview
  - Prevalence in Australia
    - Prevalence in Local Areas
  - Using NDSS Activity
  - What is Diabetes?
  - Role of Glucose
  - Role of Insulin in Use and Storage of Glucose
  - Type 1 Diabetes
  - Type 2 Diabetes
  - Gestational Diabetes
  - Other Type of Diabetes
  - Signs and Symptoms
  - Presentation
  - Video - Importance of Correct Diagnosis
  - Screening and Diagnosis Guidelines
  - Who Should be Screened for Type 2 Diabetes?
  - Prediabetes
  - Lifestyle Interventions
  - Diagnostic Criteria
  - Management of People with Pre-Diabetes
  - Diabetes Management
  - Treatment goals
- Conclusion

## Prevalence in Local Areas


[Open in Page Editor](#)

Click below to access audio



Visit the **Diabetes Australia Map** updated through the **National Diabetes Service Scheme**, an initiative of the Commonwealth Government, to view local statistics on the types and incidence of diabetes in your state or region.

<http://www.ndss.com.au/Research/Australian-Diabetes-Map/>



By choosing 'Area Type' you can alter the map to demonstrate versions of national, state, local or federal electorate, local council or postcode statistics.

By choosing 'Data View' you can alter the map to review the data from perspective of overall incidence, diabetes type, age group, gender, indigenous and/or socioeconomic status.

Area Type: State

Data View: Change

NDSS Pr.   NDSS Prevalence



- Participants have their own portal to monitor their progress
- Feedback on the course has been positive
- >180 registrants

File Edit View History Bookmarks Tools Help

Inbox - leanne@nadc.net.au - N X Brochures, posters and flyers - X NDCC - NATIONAL ASSOCIATION C X My Courses | NADC X +

https://nadcaus.coursegenius.com/mycourses 80% ... Search

Most Visited Getting Started ADATS Inbox - leanne@nadc... NADC | M Using Insulin with i-Po... Editor | Quiz Editor

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## My Courses

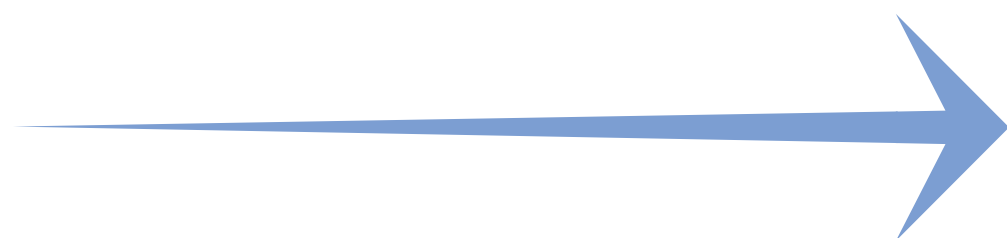
Show courses for this period: All

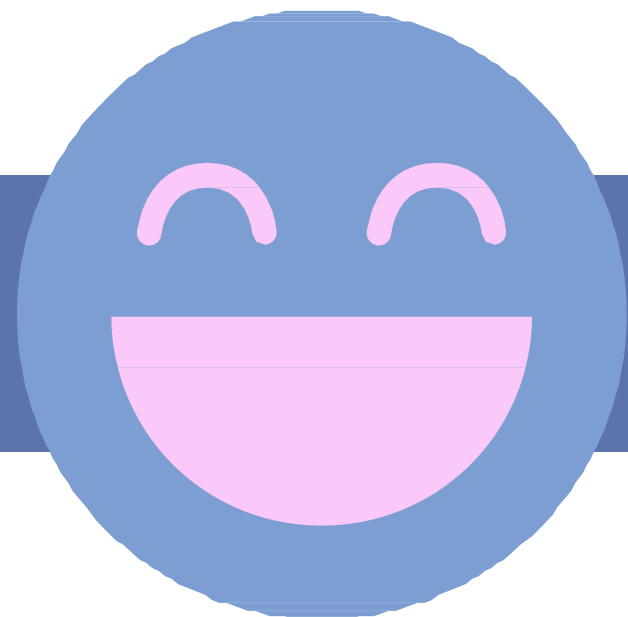
COURSE	HOURS	CATEGORY	COURSE PROGRESS	ASSESSMENT	FEEDBACK	CERTIFICATE	ADDITIONAL MATERIAL	EXPIRY
Diabetes Quiz		None	Not Started Expired	None	None	None	No Additional Material	20 Feb, 2018
Diabetes Quiz		None	Not Started Expired	None	None	None	No Additional Material	15 Feb, 2018
<a href="#">National Diabetes Care Course Module 001: What is Diabetes?</a> National Association of Diabetes Centres	3	None	Completed <a href="#">Review</a>	<a href="#">Start Assessment</a> <a href="#">View results</a> Score: 50%, Pending (9 May, 2017)	Pending	None	No Additional Material	None
<a href="#">National Diabetes Care Course Module 001: What is Diabetes?</a> National Association of Diabetes Centres	3	None	8% complete <a href="#">Resume</a>	Pending	Pending	None	No Additional Material	None
<a href="#">National Diabetes Care Course Module 001: What is Diabetes?</a> National Association of Diabetes Centres	3	None	Not Started <a href="#">Start</a>	Pending	Pending	None	No Additional Material	None
<a href="#">National Diabetes Care Course Module 001: What is Diabetes?</a> National Association of Diabetes Centres	3	None	8% complete <a href="#">Resume</a>	Pending	Pending	None	No Additional Material	None
<a href="#">National Diabetes Care Course Module 001: What is Diabetes?</a> National Association of Diabetes Centres	3	None	50% complete <a href="#">Resume</a>	Pending	Pending	None	No Additional Material	None
Diabetes Quiz		None	Completed Expired (22 Nov, 2017)	None	None	None	No Additional Material	14 Feb, 2018
Diabetes Quiz		None	Completed Expired (16 Nov, 2017)	None	None	None	No Additional Material	14 Feb, 2018



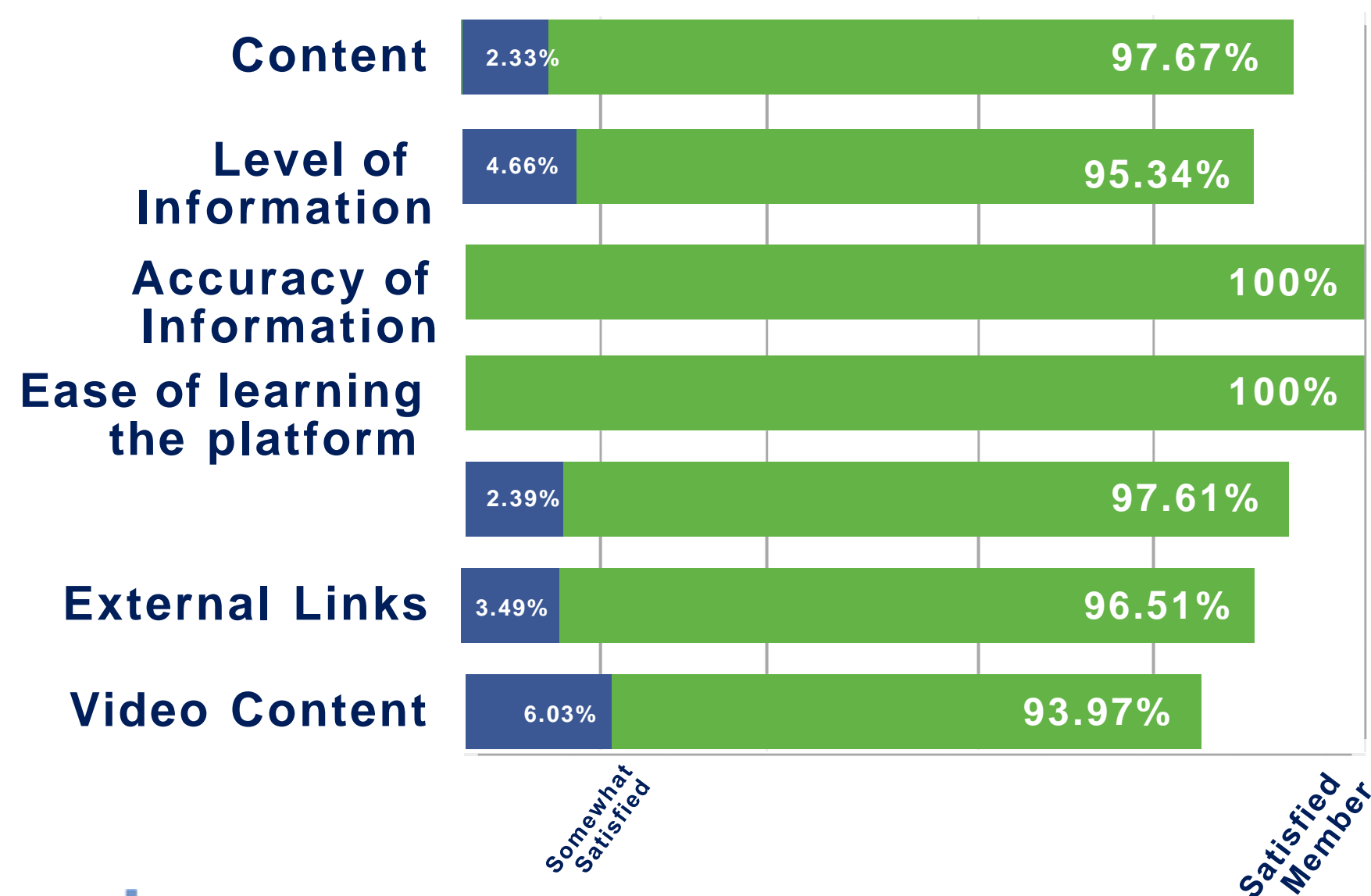


## Stars given by members

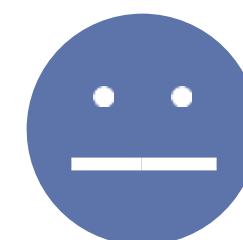




# Members' satisfaction with each module



**Satisfied Members**



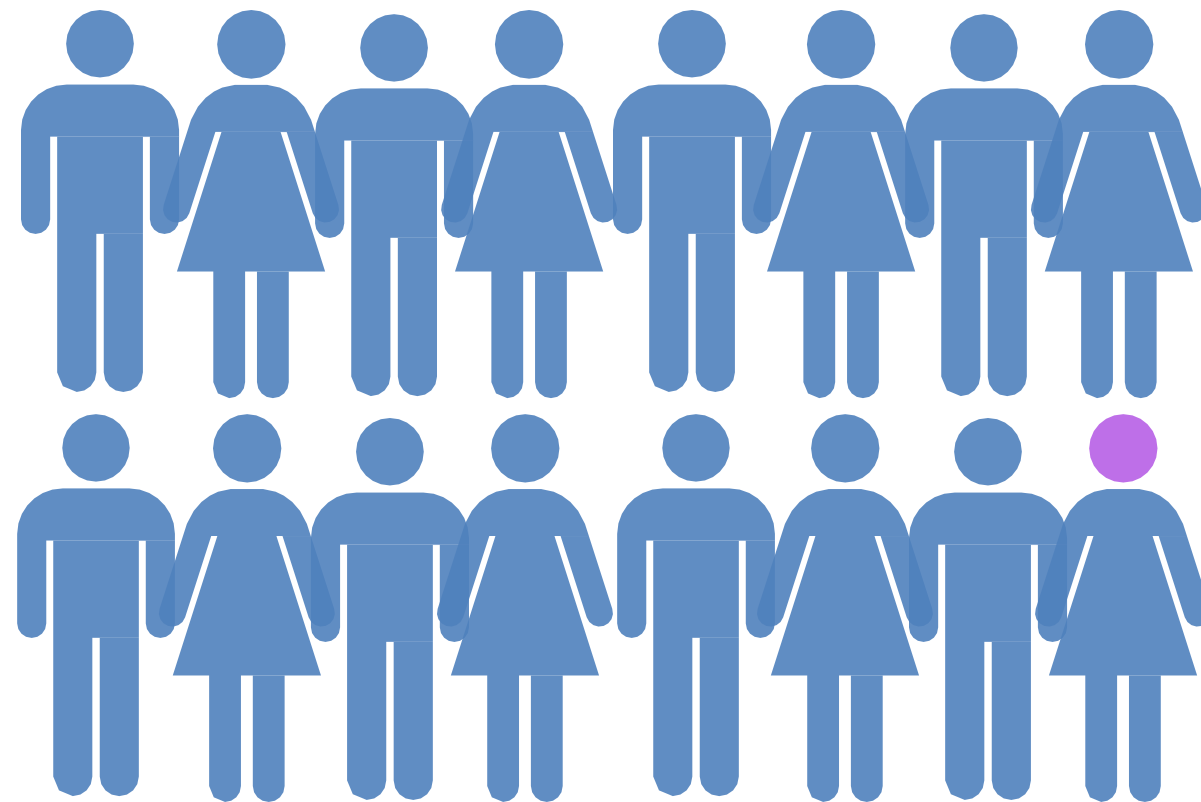
**Somewhat Satisfied**



**Dissatisfied Members**



# Accuracy of the course content



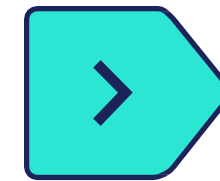
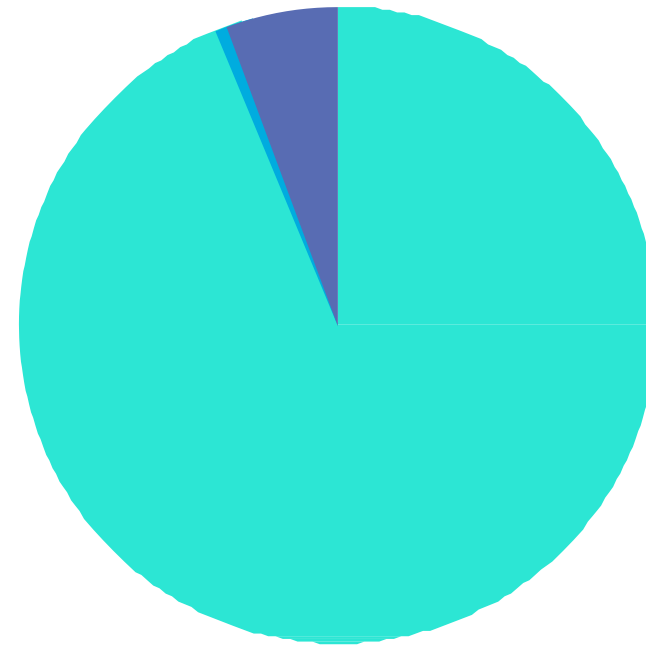
94.19%





## Members found the course content to be interesting...

**Strongly Agree**  
**91.64%**



**91.64% of NADC members thought  
that the course modules were interesting**

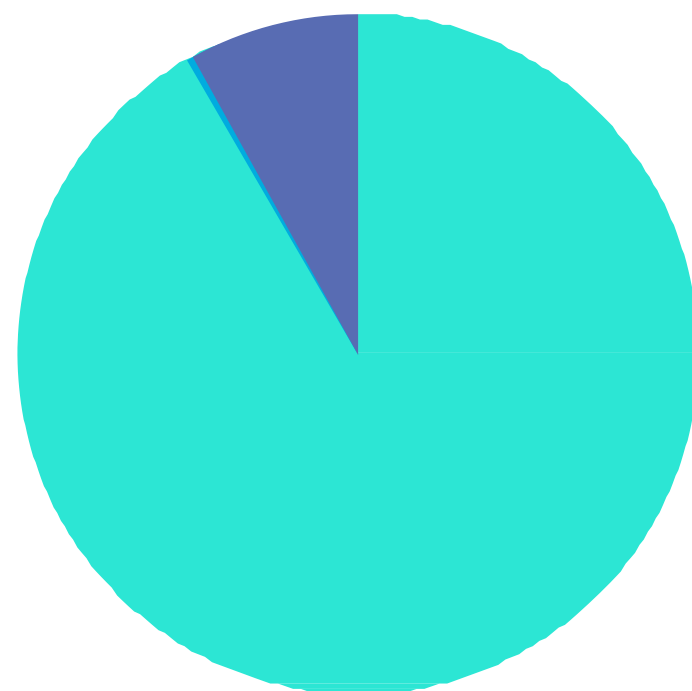


**8.06% members were neutral**



Members found the course contained the right level of detail...

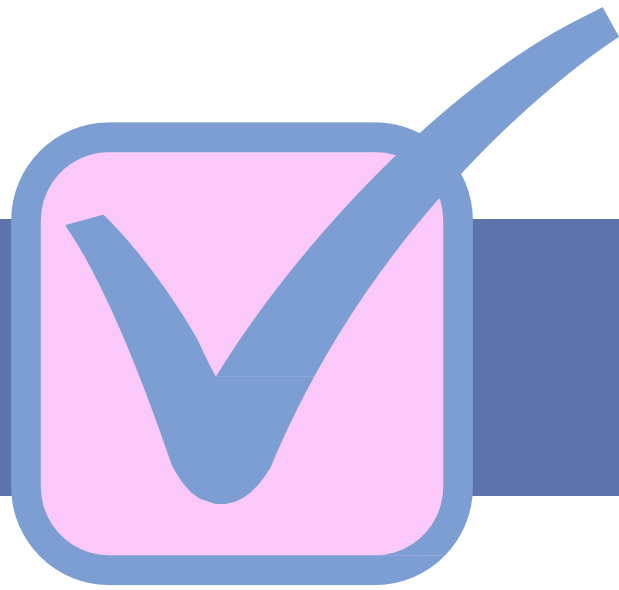
**Strongly Agree**  
**93.73%**



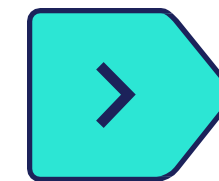
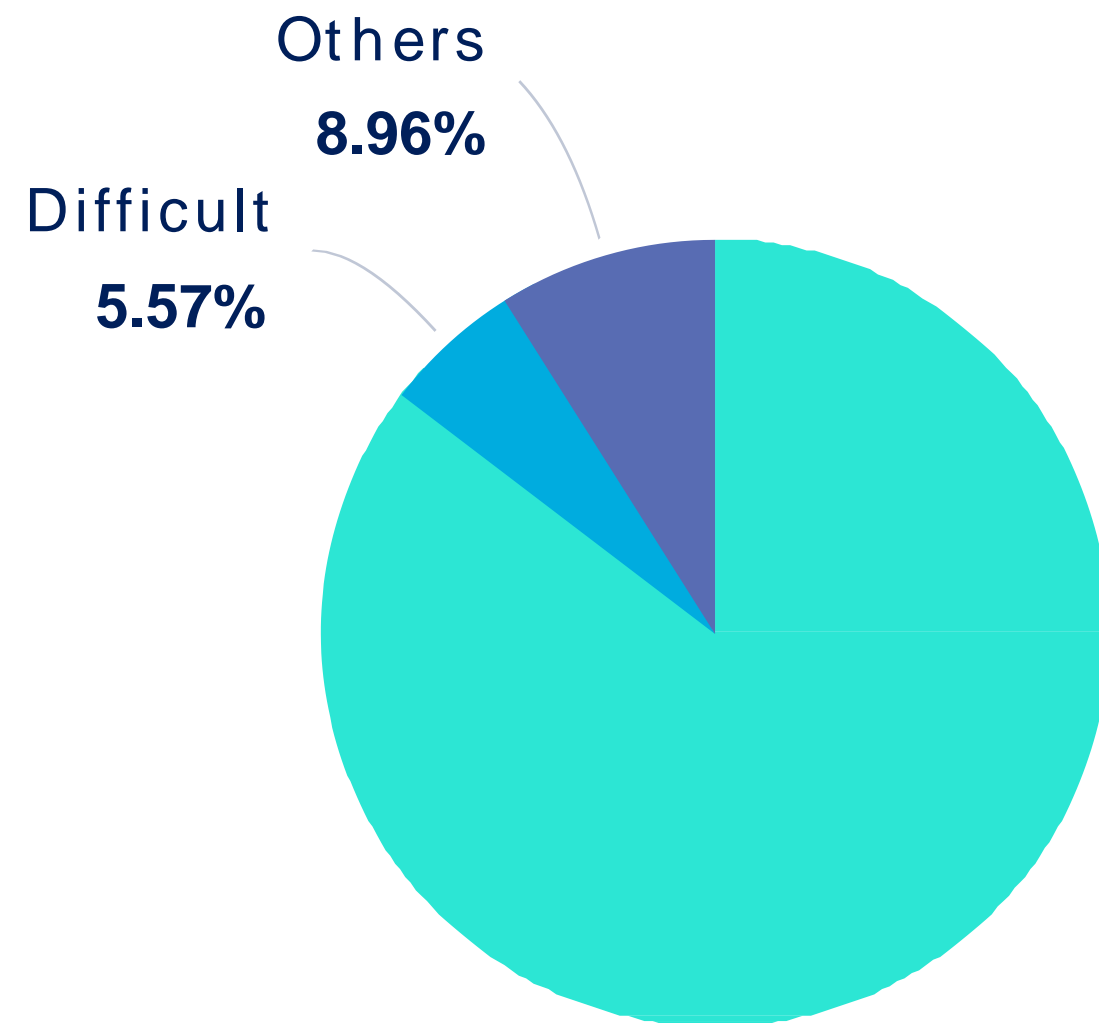
**93.73% of NADC members thought that the course modules have the right level of details**



**5.67% members were neutral**



## Members found the course assessment...



**85.37% of NADC members thought that the course assessment was about right**



**8.96% other members thought the modules were too easy, easy or neutral**



**5.67% thought it was difficult**

About Right  
**85.37%**

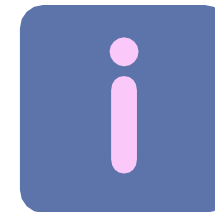




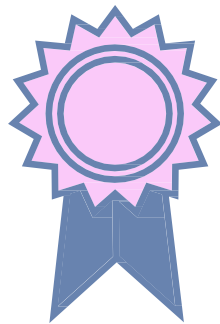
## What the members say...



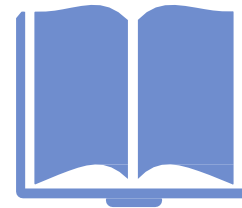
**"Love it!"**



**"Great list of resources.  
I will use it."**



**"Well done.  
It is very good."**



**"It's comprehensive"**



**"Outstanding!"**



**"I would love to have it  
printed and bind it into  
a book for reference."**



## What the members say...

The benefits for the nurses working in General Practice in Western Sydney:

- Facilitating nurses access to evidence-based diabetes training that can be completed at a time and place convenient to them
- Complemented the Western Sydney Diabetes framework for action in the area of secondary prevention and management by building practice nurse capacity
- Equipping the nurses with the knowledge and confidence to discuss basic self-management and survival skills with patients with diabetes
- Enabling the nurses to act as a diabetes resource person for their peers in the General Practice on information and referral services

## Cost



### Individual registration

- \$594 (inc GST) for non-NADC members
- \$297 (inc GST) for our industry sponsors
- \$198 (inc GST) for NADC members

### Bulk registrations

- 5-10 registrants – 10% discount
- 11-49 registrants – 20% discount
- 50-99 registrants – 25% discount
- 100-200 registrants – 35% discount
- 200+ registrants – 45% discount

### Individual module price

- \$30 per module (for NADC members) or \$60 per module (for non-NADC members)



A person wearing a grey sweater is sitting at a wooden desk. A silver laptop is open on the left side of the desk. In front of the person are several papers and a pen. A blue rectangular box is overlaid on the center of the image, containing white text.

National Diabetes Care Course  
on sale now!  
One week only  
[www.nadc.net.au/ndcc](http://www.nadc.net.au/ndcc)



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stand to find  
out more!





# National Diabetes Care Course