

# 19<sup>th</sup> ADS John R Turtle Diabetes Clinical Skills Training Course for Advanced Trainees in Adult Endocrinology

Online Virtual Event  
Saturday 6<sup>th</sup> November 2021  
10:30am – 5:15pm (AEDT)

## PROGRAM

TIME	ACTIVITY			
10:30am-10:45am	ONLINE REGISTRATION & HOUSEKEEPING VIRTUAL SOCIAL MORNING TEA			
10:45am-10:55am	WELCOME ADDRESS & INTRODUCTION A/Professor Stephen Stranks; ADS President A/Professor Glynis Ross; Chair of ADS Education Advisory Committee (EAC)			
10:55am-11:00am Trainees split into 8 workshop groups (A-H) and will remain in the same group for entire course				
	Workshops A / B	Workshops C / D	Workshops E / F	Workshops G / H
<b>Session 1</b> 11:00am-12:15pm	Carbohydrate Counting	Diabetes Technology	Pregnancy and Pre-Gestational Diabetes	Exercise and Type 1 Diabetes
12:15pm-12:30pm	COFFEE BREAK			
<b>Session 2</b> 12:30pm-1:45pm	Exercise and Type 1 Diabetes	Carbohydrate Counting	Diabetes Technology	Managing Lipids
1:45pm-2:15pm	LUNCH BREAK			
<b>Session 3</b> 2:15pm-3:30pm	Managing Lipids	Exercise and Type 1 Diabetes	Carbohydrate Counting	Diabetes Technology
3:30pm-3:45pm	COFFEE BREAK			
<b>Session 4</b> 3:45pm-5:00pm	Diabetes Technology	Pregnancy and Pre-Gestational Diabetes	Exercise and Type 1 Diabetes	Carbohydrate Counting
5:00pm-5:15pm	COURSE EVALUATION & CLOSING REMARKS			

## **SESSIONS 1, 2, 3, 4:**

The four sessions will consist of a range of workshops on various aspects of diabetes management. Trainees will need to only select whether they would prefer to attend the workshop on ***Pregnancy and Pre-Gestational Diabetes*** **OR** ***Managing Lipids*** (descriptions below):

### **DIABETES TECHNOLOGY**

This workshop focuses on problem solving around glucose levels, particularly with respect to insulin pump data. It builds on the pump workshop in the ADS Practical Skills Course. It will present a structured approach to interpretation of data and will address biological, lifestyle and behavioural issues that influence blood glucose levels.

### **EXERCISE & TYPE 1 DIABETES**

This workshop explores issues around managing glucose levels in the context of exercise in type 1 diabetes. It includes scenarios addressing glucose management in elite athletes.

### **CARBOHYDRATE COUNTING**

This workshop provides an introduction to carbohydrate counting, focusing on whole foods, label reading and recipe analysis. It also addresses other factors, such as glycaemic index, fat and protein, which can impact on post-prandial BGLs and is of increasing relevance in auto-mode pump therapy.

### **PREGNANCY & PRE-GESTATIONAL DIABETES**

This workshop is a case-based educational activity designed to outline the skills required for the management of pre-gestational (type 1 and type 2) diabetes in pregnancy. The workshop has been written in collaboration with the Australasian Diabetes in Pregnancy Society.

### **MANAGING LIPIDS**

This workshop presents structured case studies to allow exploration of evidence-based management of dyslipidaemia in people with both type 1 and type 2 diabetes.