Diabetes Care

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Nutrition 4 health

Innovative diabetes training for carers

- Diabetes on increase - 27% in care homes*
- 1996 Audits and questionnaires highlighted:
  - Training needs
  - Inconsistencies of care
  - Lack of knowledge re diabetes
  - Dietary issues
  - When to call for help
- Targeting training to the audience

Current and future research on Diabetes A review for the Dept of Health and the Medical Research Council 2002

Concerns of staff

- What is diabetes?
- Hypoglycaemia - a frightening experience for staff and the person with diabetes
- How to look after feet
- Lack of food choices especially desserts
- Families bring sweets & chocolates
- What about diabetic foods?
- Are residents eating enough?

Outcomes of training

- Increased understanding
- Staff feel more confident
- Encourages holistic approach
- Improved blood glucose control leads to improved well being
- Variety in menu planning
- Contributes to increased quality of life

Quotes re Training Issues

"We feel like the Cinderella of the service"

"Dispelling myths"

"I have been a cook for 14 years but never had any training or input"

"Very little information about diabetes & no training offered"

"Foot care – what do we do? – we are not allowed to cut toe nails"

Summary

"Training implies learning to do something and, when it is successful it results in things being done differently"

Peter Bramley 1996

Training Essentials, Institute of Personnel and development

Thank you and any questions?

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