

PRIMARY



Day 1: Wrap-up

DIABETES BOOT CAMP



Review of Day 1

- Understand the current epidemic in type 2 diabetes and its related complications.
- Be familiar with the 2008 Canadian Diabetes Association clinical practice guidelines.
- Appreciate the evolving care models for type 2 diabetes in Ontario, including Ontario's Chronic Disease Prevention and Management model.
- Understand the qualities of high-functioning teams

PRIMARY CARE PHYSICIANS DIABETES BOOT CAMP



Review of Day 1 (cont'd)

- Be equipped with the basic knowledge, skills and tools needed to participate in the development and implementation of a diabetes prevention and management plan for your primary care setting:
 - effective diabetes prevention and risk management; and
 - basic self-management skills for complication prevention.

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Plan for Day 2

- Continue preparing you to be a **prepared, proactive team member**, championing diabetes prevention and management in your family health team:
 - Achieving metabolic targets through pattern management
 - Once-a-day insulin starts
 - Diabetes foot and skin care
 - Systematic surveillance and case finding
 - Field manoeuvres (pedometer step competition, Blood Glucose Pattern Management Journal, the “plate method”)
 - Deployment plan



Recruits: Remember your field manoeuvres!

- In your Blood Glucose Pattern Management Journal:
 - Test and record pc activity
 - Test and record pc supper, at bedtime, ac breakfast
 - Record what you eat for supper and bedtime snack
- Medication timing
 - 2 “pills” ac dinner, 1 “pill” ac bed, 2 “pills” ac breakfast
- Think about the “plate method” when planning tonight’s dinner (all foods fit!)
- Keep stepping: What is your goal?
- Test and record before driving



**Recruits...
See you at 0830 SHARP!**
