

# Counting the Carbs – Exchanges to Pumps

## 2012 Health Professional Training Program

### OVERVIEW

Translating the theory of carbohydrate counting into practice can be challenging.

This one day program is designed to increase health professionals knowledge of the principles of carbohydrate counting from exchanges to advanced carbohydrate counting for multiple daily injections and insulin pump therapy.

The program will provide new graduate Dietitians and Diabetes Educators with an opportunity to enhance their current knowledge and confidence to provide best management for clients with gestational diabetes, insulin requiring Type 2 diabetes and Type 1 diabetes.

### TOPICS WILL INCLUDE:

- Overview of steps in carbohydrate counting
- Basic carbohydrate counting including the use of exchanges
- Advanced carbohydrate counting for flexible insulin adjustment and insulin pumps including;
  - Insulin to carbohydrate ratio and the correction factor
  - Label reading & use of carbohydrate counters
  - Practical tips for recipes and eating out

### WHO SHOULD ATTEND

This workshop is suitable for Dietitians, Nurses and Diabetes Educators.

### DATE:

Monday, 20 February 2012

### TIME:

9am to 3.30pm

### VENUE:

Seminar room 1  
Baker IDI Heart & Diabetes Institute  
The Alfred Centre  
Level 4, 99 Commercial Road  
Melbourne, Victoria, 3004

### COST:

\$220 (includes GST) or  
\$190\*\* (includes GST) if paid by 20 Jan. 2012

\$140 for new graduates of an approved dietetics and DNE course.

To obtain this reduced fee, please attach evidence of completing an approved course in 2011 with your registration form.

### REGISTRATION DETAILS

Program registration forms are available through the Baker IDI website,  
[www.bakeridi.edu.au/health\\_professionals\\_training](http://www.bakeridi.edu.au/health_professionals_training)

### FOR FURTHER INFORMATION

For further information regarding our training programs for health professionals, contact **Training Program Coordinator** on

**Email:** [training@bakeridi.edu.au](mailto:training@bakeridi.edu.au) **or** **Ph:** (03) 8532 1844, (03) 8532 1842 **or** **Fax:** (03) 8532 1100

\*\* **Early bird fee:** To take advantage of early bird special rate, registration & full payment must be received by closing date.



This workshop has been endorsed by Royal College of Nursing, Australia (RCNA) according to approved criteria. Attendance at these programs will attract RCNA Continuing Nursing Education (CNE) points as part of the RCNA Life Long Learning Program (3LP).

**This workshop will attract 4.75 RCNA Continuing Nursing Education (CNE) points.**  
**This workshop will attract 4.75 hours of Assessed Professional Development towards DAA APD Continuing Professional Development Program**