

Diabetes:

it's more than glucose control



Friday 7 May 2010
Sofitel Melbourne
25 Collins Street, CBD



Baker IDI
HEART & DIABETES INSTITUTE

 **diabetes**
australiavvic

The Program

Diabetes: it's more than glucose control

8.30 – 9.00 am

Registration

9.00 – 9.10 am

Welcome and introduction

9.10 – 10.00 am

Shining the light on type 1 diabetes – new findings into the pathophysiology of type 1 diabetes

Dr Spiros Furlanos

Spiros will shine a light on new research into factors associated with the development of type 1 diabetes. Are we getting closer to a cure or prevention of an increasingly prevalent condition?

10.00 – 10.45 am

When it's not just diabetes – common autoimmune and endocrine conditions that coexist with diabetes

Assoc Professor Shane Hamblin

Diabetes is frequently complicated by other endocrine and autoimmune conditions. Shane will present several case studies that explore the issues and strategies for managing some of these conditions.

10.45 – 11.15 am

MORNING TEA

11.15 – 12.00 pm

Getting to the root of the problem – diabetes and oral health

Dr Harry Schlen

Diabetes educators are in an ideal position to ensure oral health is included as part of the client's assessment and review. Harry will explore the presentation and management of dental health problems in people with diabetes.

12.00 – 12.45 pm

Diabetes management goals – are you and your clients on the same page?

Professor Timothy Skinner

It is not uncommon for health professionals and clients to have different ideas and understanding of clinical targets and goals. Timothy examines how a lack of clarity and agreement about management goals may affect client outcomes and treatment satisfaction.

12.45 – 1.45 pm

LUNCH

1.45 – 2.40 pm

Is there an alternative? Complementary therapies and the management of diabetes

Professor Trisha Dunning and Professor Lenore Manderson

Complementary and alternative medicines (CAM) are increasingly being sought by those with chronic conditions, however little is known about CAM in relation to diabetes and how it affects diabetes control and self management.

Trisha will provide an overview of CAM and diabetes, followed by Lenore to discuss her current research into the use of CAM by people with diabetes.

2.45 – 3.45 pm

Evaluating diabetes education – how do we know we are successful?

Professor Jane Speight and Professor Timothy Skinner

Diabetes is more than glucose control. So, what are the most appropriate outcome measures for diabetes education apart from HbA1c? How can diabetes educators demonstrate their effectiveness while ensuring people achieve meaningful outcomes?

Jane and Timothy will discuss a range of health and well-being measures appropriate for diabetes self-management education.

3.45 – 4.00 pm

Close and evaluation

4.00 pm

AFTERNOON TEA and NETWORKING

Introduction

Although blood glucose is the main focus of diabetes management, we know that diabetes is much **more than just glucose control**.

This symposium for diabetes health professionals will explore new insights into autoimmunity and type 1 diabetes, common coexisting conditions, complementary therapies and alternative ways of thinking about the goals of diabetes management.

Symposium Details

This symposium has been endorsed by the Royal College of Nursing, Australia (RCNA) according to approved criteria. Attendance at this symposium earns Continuing Nursing Education (CNE) points as part of the RCNA Life Long Learning Program (3LP). APEC number 080806018.

Registration fee

Registration fee is \$240 or register and pay by **Friday 9 April 2010** for the early bird discount of \$220.

Registration and payment

Payment must be received by **Monday 26 April 2010**. Confirmation of registration and receipt will be issued. Please note that a certificate of attendance will only be available for collection at the conclusion of the symposium.

Cancellation fee

A \$50 cancellation fee will apply up to and including **Monday 26 April 2010**. No refunds for cancellations will occur after this date, however, a substitute delegate is welcome.

Further information

Nikki Kara
Training Program Coordinator
Baker IDI Heart and Diabetes Institute
Ph: (03) 9258 5053
Fax: (03) 9258 5090
Email: training@bakeridi.edu.au
Register online: www.bakeridi.edu.au

Speakers

Professor Trisha Dunning AM is Chair in Nursing at Deakin University and Barwon Health in Geelong, Victoria and a vice president of IDF. She is an active member of many local, national and international committees, and editorial boards/review panels of several journals. Trisha's work is widely published in books, journals and magazines and she also writes regular columns on complementary therapies.

Dr Spiros Furlanos graduated in Medicine from the University of Melbourne in 1995 and completed his PhD on the clinical, metabolic, immune and genetic characterisation of autoimmune diabetes in adults. Spiros attained his Endocrinology qualification in 2002 and is currently an endocrinologist and clinical researcher at the Walter & Eliza Hall Institute of Medical Research and Royal Melbourne Hospital.

Assoc Professor Shane Hamblin is currently the Director of Diabetes, Western Health and visiting Endocrinologist at the Alfred Hospital, Melbourne. He is also an Honorary Clinical Associate Professor of Medicine, University of Melbourne at Western Hospital and Adjunct Lecturer, Monash University, Alfred Hospital. His clinical interests include type 1 and 2 diabetes and general endocrinology, especially thyroid and pituitary disease.

Professor Lenore Manderson is Professor of Medical Anthropology in the School of Psychology and Psychiatry, Faculty of Medicine, Nursing and Health Sciences, Monash University. She is the Chief Investigator of a study on the drivers, costs and benefits of the use of complementary and alternative medicine among people with diabetes and CVD.

Dr Harry Schlen is a dental consultant to St Vincent's Hospital, Royal Victorian Eye and Ear Hospital and Mercy Private Hospitals and a research fellow of the University of Melbourne.

Professor Timothy Skinner trained as a Health Psychologist in the UK and is currently a researcher at the Combined Universities Centre for Rural Health, University of Western Australia. His main research interests are in chronic disease care, mindfulness and meditation and health disparities. This work includes the development of self-management interventions for people with diabetes and enhancing health professional skills for facilitating optimal self-care.

Professor Jane Speight is the Foundation Director of the Australian Centre for Behavioural and Social Research in Diabetes and Professor of Behavioural and Social Research in Diabetes at Deakin University, Melbourne. She is a Chartered Health Psychologist and obtained her PhD developing psychological measures for the evaluation and improvement of diabetes care. Jane is a member of several international professional organisations and committees related to the psychological aspects of diabetes research and education.

Speaker notes will be available on CD.

Registration

Please photocopy or detach and return this form.

Upon payment this form is a tax invoice for GST purposes. (All prices include GST)

ABN 98 131 762 948

I enclose:

Early bird special (before Friday 9 April 2010)

\$220

Full registration fee

\$240

Payment method:

Credit card Cheque

Registrations and payments can also be made online at:
www.bakeridi.edu.au

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Date

Friday 7 May 2010

Conference venue

Arthur Streeton Auditorium

(Located on Level 1)

The Sofitel Melbourne

25 Collins Street

Phone: (03) 9653 0000

www.sofitelmelbourne.com.au

Disabled access

Lift access is available to the auditorium.

Public transport is recommended

The Sofitel Melbourne is a short walk from Parliament Station. Alternatively you can catch trams 31, 109 or 112 and alight at Stop 9 at the corner of Spring and Collins Streets.

Car parking is limited

Parking is available at Wilson Parking under the hotel, accessible from 72 Flinders Lane.

Parking for the duration of the symposium is available at \$46 per day. Valet parking at \$44 per day. Prices are subject to change without notice.

For alternative parking options visit www.secureparking.com.au

Accommodation

If accommodation is required please contact the hotel directly.

Payment details

Return registration and payment to:

Nikki Kara

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Baker IDI Heart and Diabetes

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