


Presented by the
School of Nursing
University of California, San Francisco



Advanced Management of Diabetes

online
diabetes
course



You CAN keep up with diabetes!

COURSE DIRECTORS

Maureen McGrath, MS, PNP-BC, BC-ADM
Associate Clinical Professor
Director, Diabetes Minor
UCSF School of Nursing

Theresa Garner, APRN, BC-ADM, MSN, CDE
Instructional Designer Specialist
UCSF School of Nursing

REGISTER TODAY!

3 modules for an opportunity to
earn up to **30 CME credits**.
Complete all 3 modules to receive
a UCSF certificate.

www.ucsfcmecme.com/diabetes/



ADVANCED MANAGEMENT OF DIABETES

online diabetes course

The Advanced Management of Diabetes online CME and certificate program provides interprofessional learners with a foundation of knowledge to improve outcomes for their patients and their healthcare systems. The course presents best approaches in the care of T1 & T2 diabetes, through three separate modules, which may be taken individually or all together:

1. Clinical Management of Adult Diabetes
2. Care of Medically Underserved Populations
3. Behavioral Approaches to Diabetes

Learners complete all coursework online in a self-paced fashion with ongoing access to faculty lectures.

TARGET AUDIENCE

Designed for healthcare professionals from all disciplines who are interested in providing high quality diabetes care in the United States. Learners will include MDs, RNs, RDs, PharmDs, CDEs and others. Three modules cover the core competencies that practitioners from any discipline can integrate into their practice settings. The combined modules include presentations and simulations by over 25 leading experts (from endocrinologists, physicians, nurse practitioners, pharmacists, psychologists, registered nurses, registered dietitians, and an exercise physiologist, to people with diabetes). The course videos and quizzes are accessible 24/7, so that you can learn at your own pace and within your schedule.

UCSF ADVANCED MANAGEMENT OF DIABETES • MED18013

Online registration: www.ucsfme.com/diabetes/

Registration Information: (415) 476-5808

Course Information: (415) 476-4251

HOW TO ENROLL

Registration is open and ongoing.

You may register at any time online at www.ucsfme.com/diabetes/

You may also visit the CMECalifornia.com home page and search "Advanced Management of Diabetes" to enroll.

If it is your first time participating in an online UC CME course, you will need to create an account on CMECalifornia.com.

Click the "Select" or "Resume" button in the upper right of the course web page to enter the activity. Confirm you have reviewed the introductory material by clicking the "Continue" button at the very bottom of the overview page.

For up-to-date information on the course, check: www.ucsfme.com/diabetes/

The curriculum is divided into three modules, which can be taken separately or as a group.

Tuition: \$499 for all three modules (30 CME credits and certificate upon completion)

\$199 per module (10 CME credits available per module)

Payment can be made online using a Visa, MasterCard, or American Express card.

Cancellations and Refunds

Cancellations should be made in writing within 7 days of enrollment. Refunds will only be made in the event that technical difficulties prevent completion of the activity, or if no interaction with the material occurred because of inadvertent or mistaken enrollment, or expiration of the activity before the learner had the opportunity to complete it fully. Fees can be transferred to another activity in the case of mistaken enrollment.

ongoing enrollment

choose 1 or all 3

UCSF ADVANCED MANAGEMENT OF DIABETES

Module 1: Clinical Management of Adult Diabetes

OBJECTIVES:

- Distinguish between the underlying pathogenesis of insulin resistance and type 2 diabetes.
- Identify the standard screening and treatment options for possible short and long-term complications of diabetes.
- Compare at least 3 variables affecting digestion times and thus, glucose values and insulin timing.
- Evaluate the best time and type of physical activity for diabetes health.
- Explain strategies to optimize basal, prandial and correctional insulin via case scenarios.
- Review at least 3 of the latest diabetes oral and non-insulin injectable medications and their safety considerations.

Week 1: Diabetes Overview, Diagnosis and Treatment Plans

Welcome and Introduction	Maureen McGrath, <i>Course Director</i>
Pathogenesis of Type 2 Diabetes	Suneil Koliwad
Diagnosis of Diabetes	Umesh Masharani
Different Types of Diabetes	
Diabetes Physical Exam	
Possible Short & Long-term Complications	Robert Rushakoff
Landmark Diabetes Studies	
Basics on Screening and Treatment (kidneys, eyes, nerves, cardiovascular)	

Week 2: Nutrition, Exercise & Staying Healthy

Nutrition and Diabetes: Basics and Beyond	Sherry Shafer
Exercise Basics, Benefits, and Recommendations	Sheri Colberg
Prescribing Exercise for People with Type 2	
Giving Your Patient Every Advantage: Knowing When to Refer to a Diabetes Education Program	Theresa Garnero

Week 3: Pharmacotherapy

Diabetes Pharmacotherapy: Overview and Oral Medications	Lisa Kroon
Incretin-Based Therapies (and Non-Insulin Injectables)	
Oral Medications and Summary	
Insulin Basics in Diabetes and Health	Sarah Kim
Optimizing Basal Insulin in Type 2 Diabetes	
Titrating Prandial and Correctional Insulin	



Module 2: Care of Vulnerable & Medically Underserved Populations

OBJECTIVES:

- Assess your use of strengths-based language in your clinical practice to better understand how the words you use can affect your patient’s motivation.
- Give 2 examples of common health literacy issues, their impact on patient outcomes and possible solutions to these barriers.
- Identify at least 3 barriers to optimal care experienced by vulnerable populations with diabetes, and what you can do about them.

Week 1: Is Your Message Received?

Speaking the Language of Diabetes	Maureen McGrath
Health Literacy	Dean Schillinger

Week 2: Special Populations in Your Practice

Optimizing Care for Patients with Food Insecurity	Hilary Seligman
Cultural Issues in Chinese Americans’ Diabetes Management	Kevin Chun
Social Determinants of Health Equity & African Americans Interventions Addressing Diabetes Inequities in African Americans	Felicia Hill-Briggs
Providing Culturally Sensitive Diabetes Education and Care for the LGBTQ Community	Theresa Garnero
The Role of the Health Coach in a Community Navajo Diabetes Program	Miranda Williams
Culturally Tailored Shared Medical Appointments for Latinos with Type 2 Diabetes	Carolina Noya
Finding Diabetes Resources for the Uninsured & Underinsured	Karen Weissmann

Week 3: Diabetes in Specific Age Groups

Type 2 Diabetes in Youth	Shylaja Srinivasan
Transition of Care for Adolescents and Young Adults	Megumi Okumura
Diabetes and the Elderly	Catherine Dorey



www.ucsfcmec.com/diabetes/

ACCREDITATION

The University of California, San Francisco School of Medicine (UCSF) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

UCSF designates this enduring material activity for a maximum of **30 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This CME activity meets the requirements under California Assembly Bill 1195, continuing education and cultural and linguistic competency.

Geriatrics: The approved credits shown above include 12.75 credits toward meeting the requirement under California Assembly Bill 1820, Geriatric Medicine.

Nurses: For the purpose of recertification, the American Nurses Credentialing Center accepts **AMA PRA Category 1 Credits™** issued by organizations accredited by the ACCME.

Physician Assistants: AAPA accepts category 1 credit from AOACCME, Prescribed credit from AAFP, and **AMA PRA category 1 Credit™** from organizations accredited by the ACCME.

Module 3: Behavioral Approaches to Diabetes

OBJECTIVES:

- Discern the difference between diabetes distress and depression.
- Identify evidence-based approaches to facilitate behavior change in persons with diabetes.
- Understand the link between the emotional side of diabetes and behavior.
- Incorporate 2 key behavioral change strategies to maximize patient engagement with their diabetes technology.
- Review current diabetes technology from basic to advanced.

Week 1: Principles of Behavioral Management of Diabetes

Thoughts and Behaviors Closely Linked to Diabetes: Can They Be Changed?	Korey Hood
Family Approaches to Diabetes Care	Kit Chesla
The Emotional Side of Diabetes: Implications for Clinical Care	Lawrence Fisher
Behavioral Tips to Help Improve Diabetes Management & Glycemic Control	

Week 2: Behavior Change Given Challenging Circumstances

Critical Nature of Problem Solving for the Successful Management of Diabetes	Korey Hood
Life with Complications: Easing the Transition	Susan Guzman
Changing the Conversation in Diabetes: From Discouraged to Encouraged	
Diabetes Technology Update	
Glucose Monitoring (via Blood Glucose and Continuous Glucose Monitoring)	Aaron Neinstein
Apps/software	
Insulin Delivery	
Closed Loop	

Week 3: Evidence-based Practices for Promoting Behavior Change

Behavior Change with Nutrition Counseling	Katie Ferraro
Interview 1 - Beverages	
Interview 2 - Refined Carbs	
Interview 3 - Sodium	
Action Planning: Enhancing Patient Engagement in Behavior Change	Danielle Hessler
Tech Panel:	Jeanne Buchanan, Theresa Garner, Maureen McGrath
Best Practices: Glucose Meters	
Injections	
Continuous Glucose Monitors (CGMs) and Pumps	
The Art of the Numbers	
Reading Between the Lines: Being a True Partner	

Pharmacotherapeutics CEUs for Nurses:

For the purposes of recertification the American Nurses Credentialing Center accepts **AMA PRA Category 1 Credits™** issued by organizations accredited by the ACCME. This activity is designated for a maximum of 6.5 pharmacotherapeutic credits towards meeting the requirement for nursing pharmacology continuing education. Nurses should claim 0.1 CEUs for each contact hour of participation in designated pharmacotherapeutic continuing education.

Pharmacy: The California Board of Pharmacy accepts as continuing professional education those courses that meet the standard of relevance to pharmacy practice and have been approved for **AMA PRA Category 1 Credit™**.

ACCREDITATION (specialty credit)

Registered Dietitians: The Commission on Dietetic Registration accepts as continuing professional education those courses that meet the standard of relevance to Dietetic practice and have been approved for **AMA PRA Category 1 Credit™**



♻️ Printed on Recycled Paper

For more information or to register online visit our website at www.ucsfme.com/diabetes/ You may also reach us by calling the Office of Continuing Medical Education at (415) 476-4251 or emailing: info@ocme.ucsf.edu



0569
University of California,
San Francisco
Office of CME
3333 California Street
Suite 450
San Francisco, CA
94143-0742

**Jeanne Buchanan, MSN, RN,
BC-ADM, CDE**

Pediatric Diabetes Educator
University of California,
San Francisco

**Catherine (Kit) Chesla, RN,
PhD, FAAN**

Professor and Shobe Endowed Chair
School of Nursing
University of California,
San Francisco

Kevin M. Chun, PhD

Professor of Psychology
University of San Francisco

Sheri R. Colberg, PhD, FACSM

Professor Emerita of Exercise
Science, Old Dominion University

**Catherine Dorey, RN, MSN,
CNS, CDE**

Clinical Nurse Specialist and
Diabetes Educator, San Francisco
VA Health Care System

Katie Ferraro, MPH, RD

Assistant Clinical Professor
School of Nursing
University of California,
San Francisco

Lawrence Fisher, PhD, ABPP

Professor Emeritus
School of Medicine
University of California,
San Francisco

**Theresa Garnero, APRN,
BC-ADM, MSN, CDE**

Instructional Designer Specialist
School of Nursing
University of California,
San Francisco

Susan Guzman, PhD

Director of Clinical/
Educational Services
Behavioral Diabetes Institute,
San Diego

Danielle Hessler Jones, PhD

Associate Professor of Family
and Community Medicine
School of Medicine
University of California,
San Francisco

Felicia Hill-Briggs, PhD

Senior Director of Population Health
Research and Development,
Johns Hopkins HealthCare, LLC
Professor of Medicine
Johns Hopkins School of Medicine

Korey Hood, PhD

Professor of Pediatrics
(Endocrinology) and of Psychiatry
and Behavioral Sciences
Lucile Salter Packard Children's
Hospital, Stanford University

Sarah Kim, MD

Associate Clinical Professor
Zuckerberg San Francisco
General Hospital

Suneil Koliwad, MD, PhD

Assistant Professor
School of Medicine
University of California,
San Francisco

Lisa Kroon, PharmD, CDE, FAPhA

Professor and T.A. Oliver Chair
in Clinical Pharmacy
School of Pharmacy
University of California,
San Francisco

Umesh Masharani, MBBS

Professor of Medicine
School of Medicine
University of California,
San Francisco

**Maureen McGrath, MS, PNP-BC,
BC-ADM**

Associate Clinical Professor
Director, Diabetes Minor
School of Nursing
University of California,
San Francisco

Aaron Neinstein, MD

Assistant Professor of Medicine
University of California,
San Francisco

Carolina Noya, FNP, PhD

Associate Professor,
School of Nursing
University of California,
San Francisco

Megumi J. Okumura, MD, MAS

Associate Professor of Pediatrics
and of Internal Medicine
University of California,
San Francisco

Robert J. Rushakoff, MD

Professor of Medicine, Division of
Endocrinology and Metabolism
University of California,
San Francisco

Dean Schillinger, MD

Chief of the Division of General
Internal Medicine, Zuckerberg
San Francisco General Hospital

Hilary K. Seligman, MD, MAS

Associate Professor of Medicine
and of Epidemiology and
Biostatistics, Center for Vulnerable
Populations at ZSFGH

Sherri Shafer, RD, CDE

Senior Registered Dietitian
Certified Diabetes Educator
University of California,
San Francisco

Shylaja Srinivasan, MD

Clinical Instructor, Pediatric
Endocrinology, School of Medicine
University of California,
San Francisco

Miranda Williams

Diabetes Program Coordinator
Navajo Area Indian Health Service,
Chinle Comprehensive Health Care
Facility, Diabetes Program

Karen Weissmann, LCSW, CDE

Licensed Clinical Social Worker
Center for Diabetes Services
California Pacific Medical Center

faculty