

# 2022 Diabetes Education Update

November 16th, 2022

9:00-12:00

During Diabetes Awareness Month, the FNIHB-AB Nursing Education team is offering a half-day education session to review current trends in diabetes care. Topics include: targets for glycemic control, screening in pregnancy, lower leg assessments and nutrition. We hope you can join us for this year's diabetes update.

## Learning Outcomes:

- Review primary measures for diabetes and their impact on the risk for diabetes-related complications
- Understand how to individualize glycemic targets based on contextual factors.
- Review common risk factors for gestational diabetes and screening guidelines outlined within Alberta's antenatal pathway
- Recognize common complications of diabetes related to peripheral vascular disease
- Understand how different foods affect diabetes management and how timing of meals and portion sizes impact blood sugar control
- Identify strategies to promote healthy eating in the context of understanding why people eat the way they do

## Speakers:

Sandra Kennett is the Regional Nurse Educator for FNIHB. She has worked in the area of primary care and home care, most recently supporting orientation for Primary Care Nurses beginning practice within Northern nursing stations. Sandra is also a Certified Diabetes Educator, with experience providing diabetes care in the community.

Christina Munyuki is an Education Nurse Advisor with FNIHB. She has several years' experience supporting Community Health Nurses as they begin practice within Northern nursing stations, and is passionate about improving perinatal outcomes within First Nations communities

Adam Henley is a Nurse Education Consultant for primary care within FNIHB. He has worked as a consultant within primary care, behavioural health and geriatric psychiatry settings and maintains his certification in community health nursing.

Kathleen Gibson is Registered Dietitian with over 17 years experience working with FNIHB. She is a Certified Diabetes Educator and spent many of her initial years with FNIHB working within the SLICK Diabetes Screening Program traveling to all First Nations in Alberta.

Jessica Dugan is a Dietetic Intern with FNIHB. She is in her final months of her internship at which the end she will be a Dietitian.



Target Audience:  
Community Health Staff  
(CHN and CHR staff)  
working within First  
Nations health centres and  
nursing stations

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Passcode: 866494

To access this session  
from an *audio line*:  
1-587-328-1099  
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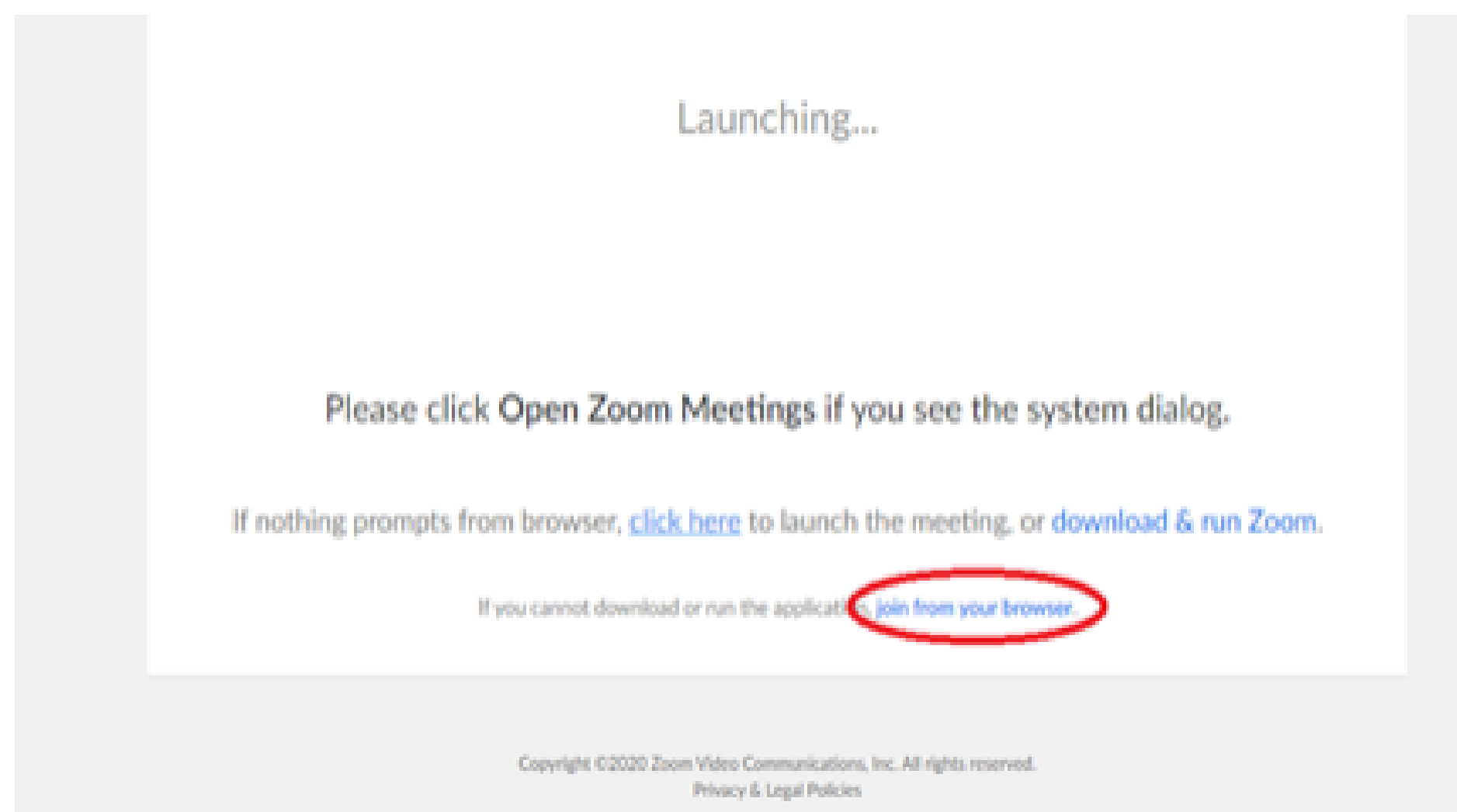
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