

## Key Essentials: Pre-Diabetes Care (PDC)

Imagine if you could play a pivotal role in providing care that prevents or delays type 2 diabetes...

With the number of people being diagnosed with diabetes reaching over three million in the UK, there has never been a more crucial time to ensure healthcare professionals are fully equipped to deal with this epidemic. At Warwick Medical School (WMS) we believe identifying those at risk of developing type 2 diabetes mellitus and working to prevent and/or delay the condition is a key part of addressing this issue. Our course is designed to equip healthcare assistants and nurses working in General Practice with the skills and knowledge to do just that.

### Who the course is for:

The course is designed for those involved in the NHS Health Checks, in particular healthcare assistants and nurses working in General Practice. It focuses on screening and managing cases of individuals with a history of impaired glucose regulation or risk of type 2 diabetes. Attendees will also learn about the provision of lifestyle advice.

### Course content:

- Prevention of type 2 diabetes mellitus, and why this is important
- Making the diagnosis of diabetes mellitus and impaired glucose regulation

- Case finding in General Practice (including how to record and follow up)
- Lifestyle advice
- Reflecting on practice
- Establishing a pre-diabetes register
- Facilitating early diagnosis of type 2 diabetes mellitus
- Enabling safe intensive treatment of early type 2 diabetes

An introductory pack will be provided to all participants in advance of the course start date.

### Attendance and fees:

The course costs £100 and requires one day of attendance at the University of Warwick's campus.

Students will undertake a review of five patients who have attended their practice for the NHS Health Check and have been identified as being 'at risk' of developing type 2 diabetes mellitus. On completion, a certificate will be issued by the University.

**Course date:** 8 March 2016

---

Our one day course aims to prepare healthcare assistants and nurses within primary care to screen and manage individuals at risk of diabetes type 2 mellitus.

---

