

BENERD COLLEGE DIABETES ESSENTIALS FOR CLINICIANS: DIABETES EDUCATION & WELLNESS CURRICULUM

TOPIC	LECTURE	
	TIME	SPEAKER
Intro:	2:54	Theresa Garnero, APRN, BC-ADM, MSN, CDCES
Background & Basics		
The Diabetes Self-Management Education and Support Process	32:49	Barb Schreiner, PhD, RN, CDCES, BC-ADM
American Diabetes Association - A Critical Connection Point for Advocacy & Ongoing Support	34:26	Tracey Brown, MBA, CEO American Diabetes Association
Diabetes Self-Care: Applying The 7 Behaviors To Achieving & Maintaining Health	28:59	Theresa Garnero, APRN, BC-ADM, MSN, CDCES
Behavior Change: How To Excel In Helping Your Patients Achieve Outcomes	33:44	Danielle Hessler Jones, PhD
How Not to Be A Boring Educator or Provider Which Can Inspire People With Diabetes To Never Return	23:19	William Polonsky, PhD, CDCES
Use of Community Health Workers to Deliver DSMES: Technology, Training, Supervision and Professional Development	37:45	Christina McGeough, RD, CDCES
Inpatient		
Models For Inpatient Diabetes Education & Transitions To Outpatient Care	28:32	Carine M. Nassar, MS, RD, LD, CDCES
The Role of the Inpatient Nurse in Managing Hyperglycemia	29:11	Beverly Thomassian, RN, MPH, CDCES, BC-ADM
Preventing Inpatient Hypoglycemia: It Takes a Village	26:34	Jane Jeffries Seley, DNP, MPH, MSN, GNP, BC-ADM, CDCES, CDTC, FADCES, FAAN
A Blitz of Inpatient Case Studies	27:13	Beverly Thomassian, RN, MPH, CDCES, BC-ADM
Outpatient		
Part 1: Healthy Coping		
Changing the Conversation from Discouraged to Encouraged with Diabetes	22:15	Susan Jung Guzman, PhD
The Emotional Side Of Diabetes: Implications For Clinical Care (part 1)	38:06	Larry Fisher, PhD, ABPP
The Emotional Side Of Diabetes: Implications For Clinical Care (part 2)	14:30	Larry Fisher, PhD, ABPP
Helping Those with Complications Have Success	17:39	Susan Jung Guzman, PhD
Part 2: Healthy Eating		
Nutrition Therapy for Adults with Diabetes or Prediabetes: A Consensus Report	29:47	Patti Urbanski, MEd, RD, LD, CDCES
What Can I Eat?	47:41	Melinda Maryniuk, MEd, RDN, CDCES, FADA

Using Culinary Medicine to Prevent and Manage Type 2. (Part 1)	19:05	Michelle Hauser, MD, MS, MPA, FACLM, Chef
Using Culinary Medicine to Prevent and Manage Type 2. (Part 2)	25:10	Michelle Hauser, MD, MS, MPA, FACLM, Chef
Using Culinary Medicine to Prevent and Manage Type 2. (Part 3)	31:37	Michelle Hauser, MD, MS, MPA, FACLM, Chef
Nutrition for People with Celiac Disease	24:12	Carol Brunzell, RDN, LD, CDCES, FAND
Effective Strategies for Those with Diabetes Who Fast	24:01	Joy Pape, MSN, RN, FNP-C, CDCES, FADCES
Does Personalized Nutrition Based on Gut Microbiome Work to Prevent Type 2?	33:47	Eran Segal, PhD
Part 3: Being Active		
Diabetes & Exercise: Practical Tips for Prescribing and Monitoring (part 1)	26:02	Sheri R. Colberg-Ochs, PhD, FACSM
Diabetes & Exercise: Practical Tips for Prescribing and Monitoring (part 2)	29:55	Sheri R. Colberg-Ochs, PhD, FACSM
Fueling The Athlete With Diabetes	33:05	Stephanie Bouquet, MS, RD, CSSD, CDCES
Complementary Therapy- Eastern Approaches To Diabetes Management- Tai Chi, Qi Gong & Yoga	19:11	Richard Peng, MS, MBA, ACSM-CEP, RCEP, CDCES
Part 4: Monitoring		
From an Educator Lens Talking With Patients About Monitoring. Part 1: Where to Begin with All the Numbers?	1:42	Susan Jung Guzman, PhD
Part 2: A1C, Blood Pressure & Cholesterol	13:32	Theresa Garnero, APRN, BC-ADM, MSN, CDCES
Ketone Testing	7:04	Vida Reed, FNP, CDCES
Part 5: Taking Medication		
Starting Insulin or Other Injectables: What To Say and Do To Help Your Patient Succeed	26:50	Beverly Thomassian, RN, MPH, CDCES, BC-ADM
Part 6: Problem Solving		
Solving Some Glucose Mysteries - Type 1 Case Studies	28:54	Beverly Thomassian, RN, MPH, CDCES, BC-ADM
Solving Some Glucose Mysteries - Type 2 Case Studies	29:56	Beverly Thomassian, RN, MPH, CDCES, BC-ADM
Impaired Hypoglycemia Awareness	30:19	Belinda "Lindy" Childs, APRN, MN, CDCES, BC-ADM
Having the Conversation About Sexual Dysfunction	29:46	Janis Roszler, PhD, LMFT, CDCES
Part 7: Reducing Risks		
Sick Days & Surgery: 2 Curve Balls to Warn Your Patients About	19:10	Beverly Thomassian, RN, MPH, CDCES, BC-ADM

Effective Education For Your Patients Who Smoke or Vape Nicotine or Cannabis	26:27	Chesney Hoagland-Fuchs, BSN, MPH, RN, CCM, CDCES
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Part 8: Diabetes Prevention Program

What is the DPP? (A Sampling of the CDC's Diabetes Prevention Program Content From A Participant's Perspective)

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| 1. Shop and Cook to Prevent T2 | 12:29 |
| 2. Get Active to Prevent T2 | 19:46 |
| 3. Manage Stress | 17:12 |

Part 9: Complementary Health Approaches

Naturopathic Approaches To Type 2 Diabetes	31:10	Ryan Bradley, ND, MPH
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Next Steps

Getting Credentialed: What's The Difference Between CDCES And BC-ADM	28:38	Beverly Thomassian, RN, MPH, CDCES, BC-ADM
Closing Comments and Useful References		Theresa Garnero, APRN, BC-ADM, MSN, CDCES

Plus quizzes and assignments = 20-hour course