

## BENERD COLLEGE DIABETES ESSENTIALS FOR NON-CLINICIANS: INTRO TO DIABETES BASICS CURRICULUM

| TOPIC   | LECTURE<br>TIME | SPEAKER  |
|---|-----------------|--|
| <b>Diabetes Paraprofessional Role Basics, Advocacy &amp; Communication</b>                            |                 |  |
| Intro   | 5:51            | Larry Chung, PharmD, BCACP, APh                |
| The Role of the Paraprofessional in Preventing and Managing Diabetes                                  | 21:30           | Larry Chung, PharmD, BCACP, APh                |
| American Diabetes Association - A Critical Connection Point for Advocacy and Ongoing Support          | 34:26           | Tracey Brown, ADA CEO                          |
| The Emotional Impact of Diabetes: From Diagnosis and Onward   | 22:29           | Susan Jung Guzman, PhD                         |
| The Language of Diabetes: A Standard of Care  | 22:34           | Maureen McGrath, MS, PNP-BC, BC-ADM            |
| Sometimes It's Not The Diabetes That Gets In The Way Of Treating The Diabetes                         | 9:38            | Benjamin B. Morrison, MD                       |
| The 8 Skills To Becoming An Extraordinary Diabetes Care Professional                                  | 26:42           | Beverly Thomassian, RN, MPH, CDCES, BC-ADM     |
| <b>Diabetes and Prediabetes Basics</b>  |                 |  |
| How Did We Get Here? The Story Of The Diabetes Epidemic... And What We Can Do About It                | 32:00           | Flojaune Griffin Cofer, PhD, MPH               |
| The Classification, Terminology & Diagnostic Criteria for Diabetes                                    | 30:09           | Beverly Thomassian, RN, MPH, CDCES, BC-ADM     |
| Preventing Diabetes   | 32:55           | David M. Nathan, MD                            |
| A1C, Blood Pressure & Cholesterol   | 13:32           | Larry Chung, PharmD, BCACP, APh                |
| Numbers Target Practice: The Trifecta You Want to Reach to Promote Outcomes (Glucose/A1C, BP, Lipids) | 26:48           | Anne L. Peters, MD                             |
| Hyperglycemia During Hospitalization  | 11:42           | Guillermo Umpierrez, MD, CDE, MACP, FACE       |
| <b>Cardiometabolic Concerns &amp; Obesity Care</b>  |                 |  |
| Home Blood Pressure Monitoring  | 8:57            | Vida Reed, FNP, CDCES                          |
| Avoiding Future Macrovascular Complications: Heart & Vessel Disease                                   | 27:16           | Beverly Thomassian, RN, MPH, CDCES, BC-ADM     |
| Benefits of a Weight-Inclusive Approach in Diabetes Management  | 29:47           | Erin Phillips, MPH, RDN, CDCES                 |
| The Patient Journey in Obesity Management in 5 Steps  | 16:54           | Sean Wharton, MD, PharmD, FRCP(C)              |
| Clinical Aspects Of Long Term Remission Of Type 2 Diabetes  | 37:17           | Roy Taylor, BSc, Hons MB, ChB, MD, FRCP, FRCPE |

## Other Diabetes-Related Conditions & Associated Possible Complications

|  |  |
|--|--|
| Hypoglycemia: The Significant Short- and Long-Term Effects                                 | 28:44 Anne L. Peters, MD<br>YouTube video:   |
| Low Blood Sugar and What to Do! Rule of 15   | 5:57 <a href="https://www.youtube.com/watch?v=X4hxiOXvMGc">https://www.youtube.com/watch?v=X4hxiOXvMGc</a> |
| Diabetic Ketoacidosis (DKA)  | 21:16 Srinath Sanda, MD  |
| Lower Extremity Assessment & Interventions   | 29:40 Beverly Thomassian, RN, MPH, CDCES, BC-ADM   |
| Within Sight: Knowing Eye-Related Issues Related to Diabetes, Their Prevention & Treatment | 30:46 Charles C Wykoff, MD, PhD  |
| Identification of Diabetes-related Chronic Kidney Disease (CKD) in Clinical Practice       | 29:24 Susanne B. Nicholas, MD, MPH, PhD  |
| Type 2 Diabetes And Nonalcoholic Fatty Liver Disease (NAFLD): Risk Factors & Complications | 31:46 Kenneth Cusi, MD, FACP, FACE   |

**8.5 hours of videos**  
add 1.5 hour of assignments  
makes 10-hour course

## BENERD COLLEGE DIABETES ESSENTIALS FOR NON-CLINICIANS: FACILITATING SELF-CARE BEHAVIORS CURRICULUM

| TOPIC   | LECTURE<br>TIME | SPEAKER  |
|---|-----------------|--|
| <b>Diabetes Self-Care Basics</b>  |                 |  |
| Intro   | 3:49            | Larry Chung, PharmD, BCACP, APH  |
| The Diabetes Self-Management Education and Support Process  | 32:49           | Barb Schreiner, PhD, RN, CDCES, BC-ADM   |
| Diabetes Self-Care: Applying The 7 Behaviors To Achieving and Maintaining Health                        | 28:59           | Larry Chung, PharmD, BCACP, APH  |
| Health Coaching (Setting the Agenda): Techniques to Deliver Patient Centered Care                       | 3:21            | YouTube video: <a href="https://www.youtube.com/watch?v=DaIRyE_fu8Y">https://www.youtube.com/watch?v=DaIRyE_fu8Y</a>                   |
| Behavior Change: How To Excel In Helping Your Patients Achieve Outcomes                                 | 22:29           | Danielle Hessler Jones, PhD  |
| Health Coaching (Action Plans): Techniques to Deliver Patient Centered Care                             | 6:00            | YouTube video: <a href="https://www.youtube.com/watch?v=pTJWtLJLOsM">https://www.youtube.com/watch?v=pTJWtLJLOsM</a>                   |
| Improving Diabetes Care Given Limited Health Literacy (Part 2)  | 38:41           | Dean Schillinger, MD   |
| <b>Diabetes Coaching Topics (Part 1): Healthy Coping, Healthy Eating, Being Active</b>                  |                 |  |
| Changing the Conversation from Discouraged to Encouraged with Diabetes                                  | 22:15           | Susan Jung Guzman, PhD   |
| Helping Those with Complications Have Success   | 17:39           | Susan Jung Guzman, PhD   |
| To Eat!"  | 32:58           | Pam Warmerdam, MS, RD/N, CDCES   |
| Food Label Detective: The 4 Things to Know  | 4:04            | Barbara Quinn, MS, RDN, CDE, LMNT  |
| Numbers Target Practice: The Trifecta You Want to Reach to Promote Outcomes (Glucose/A1C, BP, Lipids)   | 26:48           | Anne L. Peters, MD   |
| Counting Carbohydrates- More Basics   | 11:54           | Sherri Shafer, RD, CDE   |
| Portion Sizes & Plate Method  | 6:45            | Sherri Shafer, RD, CDE   |
| Diabetes & Exercise: Practical Tips for Prescribing and Monitoring (part 1)                             | 26:02           | Sheri R. Colberg-Ochs, PhD, FACSM  |
| Motivational Interviewing – Diabetes and Exercise   | 7:08            | YouTube video: <a href="https://www.youtube.com/watch?v=gwKt-wAKbp8">https://www.youtube.com/watch?v=gwKt-wAKbp8</a>                   |
| <b>Diabetes Coaching Topics (Part 2): Medications, Monitoring, Problem Solving &amp; Reducing Risks</b> |                 |  |
| Health Coaching (Medication Reconciliation): Techniques to Deliver Patient Cent                         | 5:31            | YouTube Video: <a href="https://www.youtube.com/watch?v=3Upzjkl_aYU">https://www.youtube.com/watch?v=3Upzjkl_aYU</a>                   |
| The Basics Of Common Oral Glucose Lowering Medications  | 29:00           | Martha Ndung'u, PharmD   |
| Insulin: Understanding the Basics Given a Multitude of Options  | 24:03           | Sarah Kim, MD  |
| All About The Non-Insulin Classification: Glucagon Like Peptide-1 Receptor Agon                         | 27:41           | Vista Khosraviani, PharmD, APH   |
| Glucagon Therapy- A Comparison of Current and Novel Treatments  | 34:08           | Justin J. Sherman, PharmD, MCS   |
| Health Coaching (Closing the Loop): Techniques to Deliver Patient Centered Care                         | 3:31            | YouTube Video: <a href="https://www.youtube.com/watch?v=4V-81fy4mYI&amp;t=0s">https://www.youtube.com/watch?v=4V-81fy4mYI&amp;t=0s</a> |
| Blood Glucose Monitoring Basics   | 13:46           | Vida Reed, FNP, CDCES  |

How to Measure Blood Glucose  
Home Blood Pressure Monitoring  
Effective Education For Your Patients Who Smoke or Vape Nicotine or Cannabis

4:25 YouTube Video: <https://www.youtube.com/watch?v=nxIJeHWIhF4>  
8:57 Vida Reed, FNP, CDCES  
26:27 Chesney Hoagland-Fuchs, BSN, MPH, RN, CCM, CDCES

## Diabetes Technology

Mandatory Reading: American Diabetes Association's Diabetes Forecast  
Magazine: Consumer Guide on Technology

Steps Needed to Make a Successful Diabetes Telehealth Visit – Part 1  
Telehealth In Diabetes – Pre-COVID, Current State, & Post-COVID– Part 2  
Insights Learned From A Pediatric Diabetes Clinic– Part 3

All panel discussion

Links provided within the course

17:00 Aaron Neinstein, MD  
18:00 Jennifer Raymond, MD, MCR  
11:27 Maureen McGrath, MS, PNP-BC, BC-ADM  
6:00 Above 3 speakers and moderator

**8 hours 15 minutes of videos**  
add 1.5 hour of assignments  
makes 10-hour course

## BENERD COLLEGE DIABETES ESSENTIALS FOR NON-CLINICIANS: CULTURAL COMPETENCY IN DIABETES CARE CURRICULUM

| TOPIC   | LECTURE<br>TIME | SPEAKER  |
|---|-----------------|--|
| <b>Diabetes Self-Care Basics</b>  |                 |  |
| Intro   | 2:38            | Theresa Garnero, APRN, BC-ADM, MSN, CDCES  |
| Social Determinants of Health   | 32:51           | Felicia Hill-Briggs, PhD, ABPP   |
| Improving Diabetes Care Given Limited Health Literacy (part 1)                            | 14:13           | Dean Schillinger, MD   |
| Improving Diabetes Care Given Limited Health Literacy (part 2)                            | 33:09           | Dean Schillinger, MD   |
| Health Coaching (Action Plans): Techniques to Deliver Patient Centered Care               | 6:00            | YouTube video: <a href="https://www.youtube.com/watch?v=pTJWtLJLOsM">https://www.youtube.com/watch?v=pTJWtLJLOsM</a> |
| Diabetes And Disabilities (Part 1): Definitions And Statistics                            | 12:31           | Ann Williams, PhD, RN, CDCES   |
| Diabetes And Disabilities (Part 2): What Can You Do?                                      | 35:41           | Ann Williams, PhD, RN, CDCES   |
| Diabetes in Challenging Populations: Experiencing Homelessness And/Or Misusing Substances | 14:55           | Benjamin B. Morrison, MD   |
| <b>Racial and Ethnic Considerations</b>   |                 |  |
| Care Approaches for Hispanic & Latino Americans with Diabetes (part 1)                    | 22:28           | Lorena Drago, MS, RDN, CDN, CDCES  |
| Care Approaches for Hispanic & Latino Americans with Diabetes (part 2)                    | 21:26           | Lorena Drago, MS, RDN, CDN, CDCES  |
| Nutrition for African Americans with Diabetes   | 44:30           | Constance Brown-Riggs, MEd, RD, CDCES, CDN   |
| Chinese Americans and Diabetes  | 33:14           | Kevin M. Chun, PhD   |
| Diabetes In South Asians  | 31:17           | Alka M. Kanaya, MD   |
| Providing Culturally Sensitive Diabetes Care & Education for the LGBT Community           | 24:59           | Theresa Garnero, APRN, BC-ADM, MSN, CDCES  |
| <b>Cultural Competency Across the Lifespan</b>  |                 |  |
| Health Literacy and Cultural Competency   | 3:20            | YouTube Video: <a href="https://www.youtube.com/watch?v=ZsX0ha_rIBg">https://www.youtube.com/watch?v=ZsX0ha_rIBg</a> |
| Type 2 In Youth (part 1)  | 28:53           | Shy Srinivasan, MD   |
| Newly Diagnosed Type 1 Diabetes: Survival Skills (part 1)                                 | 26:50           | Jeanne Buchanan, MSN, RN, BC-ADM, CDCES  |
| Newly Diagnosed Type 1 Diabetes: Survival Skills (part 2)                                 | 24:02           | Jeanne Buchanan, MSN, RN, BC-ADM, CDCES  |
| Hypoglycemia in Children - Targets, Prevention, and Treatment                             | 27:58           | Jeanne Buchanan, MSN, RN, BC-ADM, CDCES  |
| Diabetes That Develops During Pregnancy: Gestational Diabetes Mellitus (GDM)              | 28:54           | Donna Jornsay, MS, BSN, CPNP, CDTc, CDCES, BC-ADM  |
| Transition of Care: Young Adults with Diabetes  | 18:23           | Megumi J. Okumura, MD, MAS, FAAP   |
| What Are The Immunization Standards for People with Diabetes                              | 27:53           | Martha Ndung'u, PharmD   |
| Older Adults & Diabetes   | 28:06           | Catherine Dorey, RN, MSN, CNS, CDCES   |

**9 hours of videos**  
add 1 hour of assignments  
makes 10-hour course