

# 17<sup>th</sup> ADS John R Turtle Diabetes Clinical Skills Training Course for Advanced Trainees in Adult Endocrinology

International Convention Centre, Sydney  
Meeting Rooms C4.8, C4.9 & C4.10  
Friday 23<sup>rd</sup> August 2019  
1:00pm – 5:30pm

## PROGRAM

TIME	ACTIVITY			
1300-1325	REGISTRATION & LUNCH (Foyer area outside Meeting Room C4.8)			
1325-1330	WELCOME & INTRODUCTION TO EMERITUS PROFESSOR JOHN R TURTLE AO (Meeting Room C4.8)			
<i>Trainees split into two stream groups (Stream 1 or Stream 2)</i>				
	STREAM 1			STREAM 2 (Room C4.8)
1330-1430	<b>WORKSHOP A</b> (Room C4.9) Basic problem solving with insulin pump and CGM data (Ms Elly McNamara, Dr Anna Watts, Dr Rahul Barmanray)	OR	<b>WORKSHOP B</b> (Room C4.10) Exercise and type 1 diabetes (Dr Barb Paldus, Dr Sybil McAuley, Dr Sarah Parry)	<b>ADVANCED PROBLEM SOLVING (1)</b> Pump and CGM data (A/Prof Glynis Ross, A/Prof Spiros Fourlanos, Ms Cheryl Steele)
1430-1530	<b>WORKSHOP C</b> (Room C4.9) Managing lipids (Stephen Stranks, Richard Maclsaac, Rahul Barmanray)	OR	<b>WORKSHOP D</b> (Room C4.10) Carbohydrate counting (Ms Julia Zinga, Ms Deborah Foote, Ms Robyn Barnes, Dr Sarah Parry)	<b>ADVANCED PROBLEM SOLVING (2)</b> Pump and CGM data (A/Prof Glynis Ross, A/Prof Spiros Fourlanos, Ms Cheryl Steele)
1530-1600	AFTERNOON TEA (Foyer area outside Meeting Room C4.8) <i>Trainees split into two stream groups (Stream 1 or Stream 2)</i>			
1600-1700	<b>WORKSHOP E</b> (Room C4.9) Reading fundal photos (Dr Peter Heydon, Dr Richard Symes, Dr Rahul Barmanray)	OR	<b>WORKSHOP F</b> (Room C4.10) Pregnancy and pre-gestational diabetes (A/Prof Alison Nankervis, Dr Sarah Price)	<b>ADVANCED PROBLEM SOLVING (3)</b> Pump and CGM data (A/Prof Glynis Ross, A/Prof Spiros Fourlanos, Ms Cheryl Steele)
1700-1730	EVALUATION & CERTIFICATES			

## STREAM 1

This stream will consist of a range of workshops on various aspects of diabetes management. Trainees in this stream will select from two simultaneous workshops (descriptions below):

### **WORKSHOP A**

This workshop focuses on problem solving around glucose levels, particularly with respect to insulin pump data. It builds on the pump workshop in the ADS Practical Skills Course and is recommended for first year trainees.

### **WORKSHOP B**

This workshop explores issues around managing glucose levels in the context of exercise in type 1 diabetes. It includes scenarios addressing glucose management in elite athletes.

### **WORKSHOP C**

This workshop presents structured case studies to allow exploration of evidence-based management of dyslipidaemia in people with both type 1 and type 2 diabetes.

### **WORKSHOP D**

This workshop provides an introduction to carbohydrate counting, focusing on whole foods, label reading and recipe analysis. It also addresses other factors, such as glycaemic index, fat and protein, which can impact on post-prandial BGLs. It is suitable for first year trainees but other trainees who have not previously attended the workshop are welcome to attend.

### **WORKSHOP E**

This workshop covers interpretation of fundal photographs and other ophthalmological tests, such as OCT, in the context of diabetes management. The workshop will be facilitated by 2 ophthalmologists.

### **WORKSHOP F**

This workshop is a case-based educational activity designed to outline the skills required for the management of pre-gestational diabetes in pregnancy, with the main focus on type 1 diabetes. The workshop has been written in collaboration with the Australasian Diabetes in Pregnancy Society.

## STREAM 2:

Stream 2 will consist of a half-day workshop on advanced problem solving with insulin pump and continuous glucose monitoring (CGM) data. It will present a structured approach to interpretation of data and will address biological, lifestyle and behavioural issues that influence blood glucose levels. Preference will be given to second- and third-year trainees in allocation of places for this workshop.