



## SHARPEN YOUR FOCUS. SHARPEN YOUR SKILLS.

Assume an expanded role in helping your patients better manage their diabetes

The Canadian Pharmacists Association (CPhA) is proud to announce **The 'how to' of managing diabetes...** **A prescription for pharmacists**, a 12-Continuing Education Unit (CEU) online continuing education course for pharmacists.

The incidence of diabetes is on the rise, and the higher the number of people with diabetes, the greater the challenge, as the health care system attempts to meet their needs. Pharmacists, as Canada's most accessible health care professionals, are well positioned to assume an expanded role in helping patients better manage their diabetes. This online course has been developed to train pharmacists to better understand, communicate with, and improve the health of their patients with diabetes.

The course is organized into 10 separate modules, each covering a different aspect of diabetes management and education:

1. The basics
2. Does your message matter?
3. What can I eat?
4. But I don't like to exercise...
5. Antihyperglycemic agents
6. Insulin
7. Monitoring - What's it all about?
8. Acute complications
9. Chronic complications
10. Lifestages

### TO TAKE THE COURSE:

- register at [www.diabetespharmacists.ca](http://www.diabetespharmacists.ca)
- purchase the materials (regular price of \$300.00; CPhA members pay only \$100.00\*)
- download course materials and start learning today!

*\*Beginning in October 2009, CPhA members may select this CE program as their annual complimentary membership benefit.*

**This course is a component of the Diabetes Strategy for Pharmacists, an initiative to raise the level of care pharmacists can provide to persons with diabetes. This initiative was funded in part by the Public Health Agency of Canada. Visit [www.pharmacists.ca/diabetes](http://www.pharmacists.ca/diabetes) for more information on the Strategy.**

## WHAT DO THE MODULES COVER?

Authors: Anne Belton, RN BA CDE and Nancy Simpson, RegN BA Med

### The basics 1.25 CEUs

What are the basics of this chronic disease that affects over 2.4 million Canadians? Learn to distinguish among the main types, describe the role of insulin in maintaining blood glucose, and more.

02CPhA2003-09DSP01 valid until April 30, 2012

### Does your message matter? 1.5 CEUs

How can effective education contribute to diabetes management? Learn about the teaching learning process, the importance of goal setting, and more.

02CPhA2003-09DSP02 valid until April 30, 2012

### What can I eat? 1 CEU

Nutrition is a key factor in managing diabetes. Learn how to explain key concepts in healthy eating and diabetes, help patients plan their meals, and more.

02CPhA2003-09DSP03 valid until April 30, 2012

### But I don't like to exercise... 1 CEU

Physical activity is beneficial for patients with diabetes, but it does affect blood glucose. Learn how to identify these effects, explain how to adjust medication or food intake to compensate for exercise, and more.

02CPhA2003-09DSP04 valid until April 30, 2012

### Antihyperglycemic agents 1.5 CEUs

Most patients with type 2 diabetes will eventually need medication to help keep their blood glucose levels in the recommended range. Learn the actions of these medications, their side effects, contraindications and more.

02CPhA2003-09DSP05 valid until April 30, 2012

### Insulin 1.5 CEUs

There is no definitive best regimen for the use of insulin in patients with diabetes. Learn about the most common regimens and their benefits and challenges, storage and use of insulin and insulin supplies, and more.

02CPhA2003-09DSP06 valid until April 30, 2012

### Monitoring - What's it all about? 1.25 CEUs

Self-monitoring of blood glucose (SMBG) is the key to self-management. Learn how to educate patients about SMBG, medication adjustments and more.

02CPhA2003-09DSP07 valid until April 30, 2012

### Acute complications 1 CEU

The two most common acute complications of diabetes are hyperglycemia and hypoglycemia. Learn how to teach patients about the causes of these complications, as well as how to prevent and treat them.

02CPhA2003-09DSP08 valid until April 30, 2012

### Chronic complications 1 CEU

The formation of advanced glycated end products (AGEs) is one process that contributes to common complications. Learn about these complications, how to recognize them, and more.

02CPhA2003-09DSP09 valid until April 30, 2012

### Lifestages 1 CEU

Pregnant women with gestational or pre-existing diabetes, children, and adolescents are patients who may require different management strategies. Learn how to better support these patients in your practice.

02CPhA2003-09DSP10 valid until April 30, 2012

Complete learning objectives can be viewed at [www.diabetespharmacists.ca](http://www.diabetespharmacists.ca). Each module includes a self-assessment quiz; downloadable learning information and tools; and a 'post-test' to evaluate what participants have learned. A certificate of completion worth 12 CEUs is awarded to participants who successfully pass all 10 module 'post-tests'.

CPhA is approved by the Canadian Council for Continuing Education in Pharmacy as a provider of continuing pharmacy education. This online course has been approved for a total of 12 CEUs. Contact CPhA at 1-800-917-9489.



CANADIAN  
PHARMACISTS  
ASSOCIATION

ASSOCIATION DES  
PHARMACIENS  
DU CANADA