

# ONE DAY CARBOHYDRATE COUNTING SKILLS WORKSHOP

This specially developed 1-day training workshop has been developed by DAFNE Dietitians who have a wealth of experience of training HCPs and people with Type 1 diabetes to estimate the carbohydrate content of food.

There are 2 separate training workshops available during 2009; each with the capacity to train 20 individuals.

## Dates and venues

	Date	Venue	Trainers
<b>Workshop 1</b>	25 February 2009	Northumbria Healthcare NHS Trust Rooms 4 and 5 Cobalt Conference Centre 7-8 Silver Fox Way Cobalt Business Park North Shields NE27 0QJ	Lindsay Oliver Sharon Cassidy
<b>Workshop 2</b>	4 December 2009	Institute for Metabolic Sciences Clinical Care Centre Level 2 (Ground Floor) Addenbrooke's Treatment Centre (ATC) Addenbrooke's Hospital Hills Road Cambridge CB2 2QQ	Candice Ward Sarah Donald

## Who should attend?

This 1-day carbohydrate (CHO) counting skills workshop is aimed at any Dietitian involved in the care of people with Type 1 diabetes, as part of their role.

Dietitians who feel that their carbohydrate counting skills are rusty or who trained at a time when carbohydrate counting was not promoted will gain particularly from this training.

## Aims of the workshop in relation to advancing dietetic practice

The aim of this training is for participants to develop and apply skills in CHO counting, to improve the care of people with Type 1 diabetes. This course will not specifically focus on insulin dose adjustment.

## Learning outcomes of the workshop

- To reflect on personal experiences and current competence in CHO counting.
- To explore the use of CHO counting in current and future diabetes care (Type 1 and 2).
- To debate the possible applications of CHO counting.

- To describe the advantages and disadvantages to the healthcare professional and person with diabetes of learning and/or teaching CHO counting.
- To explore the use of qualitative versus quantitative methods of nutrition education.
- To practice CHO counting skills in a range of scenarios, for example:
  - Labels
  - Foods that are difficult to estimate
  - Exercise
  - Snacks
- To explore methods of teaching enabling the person with diabetes to recognise CHO, understand the different types of CHO and how to count CHO.
- To apply CHO counting to available insulin regimens.
- To apply CHO counting to case scenarios.

### **How does this workshop advance dietetic practice?**

This training was developed by the DAFNE group, following a request from the Scottish Health Executive Board, who recognised that due to changes in professional practice, many dietitians had little or no practical skills in carbohydrate counting. This training was developed specifically for this group, and was piloted in Scotland early 2007 where it was positively evaluated. Many dietitians in England and Wales have made enquiries to the DAFNE group regarding accessing this 1-day skills workshop.

In short this 1-day workshop will equip dietitians with tangible, carbohydrate counting skills that will benefit the dietetic profession, and also many people with Type 1 diabetes.

DMEG have already given their support for this training.

### **Teaching methods**

The training will include a mixture of experiential learning including, presentation, debates, workshops to develop skills and case studies to apply knowledge and skills.

The workshops will be delivered by dietitians that are also trained DAFNE Educators and at least one trainer at each workshop will be a DAFNE trainer. Between them the trainers have vast experience teaching CHO counting to both other healthcare professionals and people with Type 1 diabetes.

### **Learning Hours**

Approved by the BDA for CPD.

## **Programme**

The training will commence at 9.30am and close at 5pm. The programme for the day is as follows:

- 09.30** Welcome, introduction and housekeeping  
Participant expectations, experience and confidence scale
- 09.50** Professional debate:  
Background to carbohydrate counting in the UK
- 10.20** Coffee break
- 10.30** Summary of the carbohydrate counting debate
- 11.10** Patient journey and education  
Step 1: Identifying CHO
- 11.25** Step 2: Types of CHO
- 11.40** Step3: Calculating carbohydrate in foods  
Workshops
- 12.40** Lunch  
Use CP diaries to calculate and record CPs in lunchtime meal
- 13.30** Step 3: More calculating carbohydrate in foods  
Workshops
- 14.20** Professional practise
- 15.20** Coffee break
- 15.30** Insulin and food choices
- 16.10** Case studies
- 16.40** Applications of CHO counting
- 16.50** Further training and action planning  
Evaluation
- 17.00** Close

## Cost

The receipt of a training grant from Novo Nordisk® has enabled us to offer these 4 workshops at a reduced training rate of £50 per person.

Your £50 fee will cover:

- Training pack
- Refreshments
- Buffet lunch

## How to register

Training places will be allocated on a first come first served basis. If you are flexible with regard to the date and venue for training, you may select more than one of the workshops on the application form (see below), indicating your order of preference (ie 1, 2, 3 and 4). You will be allocated to a workshop according to availability and taking your order of preference into account.

To register for any of the above workshops please complete the application form (see below) and return to the address below along with a cheque for the £50 training fee made payable to Northumbria Healthcare NHS Trust. **Please note places will only be allocated upon receipt of payment.**

Return address: Sharon Walker  
National DAFNE Administrator  
Central DAFNE  
Diabetes Resource Centre  
North Tyneside General Hospital  
Rake Lane  
North Shields  
NE29 8NH

You will be contacted within 10 working days of receipt of completed application form and training fee, to either:

- Confirm your training place and provide further details regarding the venue, or
- Inform you that we have been unable to offer you a place on your preferred workshop(s) and return your cheque.

If you have not heard from us within 20 days of returning your form please contact us.

Email: [Sharon.Walker3@nhct.nhs.uk](mailto:Sharon.Walker3@nhct.nhs.uk)

Phone: 0191 293 4115