

# OVERVIEW OF DIABETES MELLITUS SKILLS COURSE

A/Prof Goh Lee Gan

## INTRODUCTION

The understanding of the disease processes in diabetes mellitus and with that the management strategies have changed over the years. Diabetes is no longer just a high blood sugar problem. Also, the prevention strategies in type 1 diabetes & type 2 diabetes are quite different. Consequently, this skills course has been focused to update the practicing doctor of these new developments in the understanding, diagnosis & management strategies of this very important disease. All doctors should consider attending it.

## COURSE CONTENT

The diabetes skills course is made up of the following components. You can choose to participate in one or more parts of it. The CME points that will be awarded are also indicated (subject to approval from SMC).

- κ Distance learning course – 6 points (see below) – each unit earns 1 CME point
- κ Seminars – 2 seminars – each 2 CME points
- κ Workshop – 2 CME points
- κ Reading papers on diabetes – 10 suggested papers – each 1 CME point up to 5 points maximum for the whole CME year.

### Distance learning course

Unit 1 : Epidemiology of Diabetes Mellitus and Important Evidence Based Information (*Dr Tan Chee Eng*)

Unit 2 : Diagnosis and Diagnostic Issues (*Dr Lee Chung Horn*)

Unit 3 : Pharmacology of Oral Antihyperglycaemic Agents and Insulin (*Dr Loh Keh Chuan*)

Unit 4 : Issues in Pharmacotherapy (*Dr Kevin Tan Eng Kiat*)

Unit 5 : Complications of Diabetes Mellitus (*Dr Lim Su Chi*)

Unit 6 : Improving Diabetic Care in a Primary Care Setting (*Dr Tan Chee Beng*).

### Unit 1 : Epidemiology of Diabetes Mellitus and Important Evidence Based Information

- κ Epidemiology of Diabetes in Singapore
- κ Complications of Diabetes Mellitus
- κ Diabetes and Coronary Heart Disease
- κ Progression from IGT to DM
- κ Implications of Changing Criteria for Diagnosing IFG.

### Unit 2 : Diagnosis and Diagnostic Issues

- κ Diabetes Mellitus
- κ Other Categories of Glucose Tolerance
- κ Screening of Asymptomatic Individuals
- κ Metabolic Syndrome (MS).

### Unit 3 : Pharmacology of Oral Anti-hyperglycaemic Agents and Insulin

- κ Oral Anti-hyperglycaemic Agents
- κ Use of Oral Anti-hyperglycaemic Agents in Special Populations
- κ Insulin Therapy in Type 2 Diabetes.

### Unit 4 : Issues in Pharmacotherapy

- κ Initiating Treatment
- κ Combination Therapy
- κ Early Aggressive Treatment
- κ Treating to Target
- κ Assessment of Control
- κ Compliance
- κ Treatment Failure.

### Unit 5 : Complications of Diabetes Mellitus

- κ Macrovascular Complications
- κ Microvascular Complications
- κ Interventions.

### Unit 6 : Improving Diabetic Care in a Primary Care Setting

- κ Optimising the Management of Diabetes
- κ Optimising the Clinic
- κ Optimising the Consultation – The 5 Cs Approach
- κ Self Management.

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## FACE-TO-FACE SESSIONS

## Seminar 1: 6 November 2004

2.00pm – 4.00pm

Unit 1 : Epidemiology of Diabetes Mellitus and Important Evidence Based Information (*Dr Tan Chee Eng*)Unit 2 : Diagnosis and Diagnostic Issues (*Dr Lee Chung Horn*)Unit 3 : Pharmacology of Oral Antihyperglycaemic Agents and Insulin (*Dr Loh Keh Chuan*)

## Workshop 1: 6 November 2004

4.15pm – 5.15pm

○ Retinophotography: How It Is Done &amp; Reading of Retinophotography

1. Interpreting Retinal Photographs – A Systematic Approach

2. Common Retinal Conditions plus Q&amp;A

3. Quiz (10 photographs)

Resource person: *Dr Yeo Kim Teck*

5.15pm – 6.15pm

○ Foot Care Assessment

1. The Steps of Assessment

2. Case Studies

3. Q &amp; A

Resource persons: *A/Prof Goh Lee Gan, Dr Lee Kheng Hock & Dr Helen Leong Soh Sum*

## Seminar 2: November 2004

2.00pm – 4.00pm

Unit 4 : Issues in Pharmacotherapy (*Dr Kevin Tan Eng Kiat*)Unit 5 : Complications of Diabetes Mellitus (*Dr Lim Su Chi*)Unit 6 : Improving Diabetic Care in a Primary Care Setting (*Dr Tan Chee Beng*)

## Workshop 2: 7 November 2004 (REPEAT)

4.15pm – 5.15pm

○ Retinophotography: How It Is Done &amp; Reading of Retinophotography

1. Interpreting Retinal Photographs – A Systematic Approach

2. Common Retinal Conditions plus Q&amp;A

3. Quiz (10 photographs)

Resource person: *Dr Yeo Kim Teck*

5.15pm – 6.15pm

○ Foot Care Assessment

1. The Steps of Assessment

2. Case Studies

3. Q &amp; A

Resource persons: *A/Prof Goh Lee Gan, Dr Lee Kheng Hock & Dr Helen Leong Soh Sum*