

## Purpose

The purpose of this program is to prepare health professionals at Ambulatory Diabetes Education and Follow-Up (ADEF)/Diabetes Self-Management Training (DSMT) Program sites to deliver the ADEF/DSMT Program.

Participants will have an opportunity to review and discuss clinical management and treatment of diabetes, learn program management, practice interviewing, assessment, teaching, and follow-up skills, implement data collection procedures, review curriculum components, and examine psychosocial and behavior change issues.

A pre-program assessment interview will be conducted by telephone with participants upon receipt of registration forms. Pre-course material will then be mailed to the participants.

## Credits

This continuing nursing education activity has been submitted for approval to ANA-Maine, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Continuing Education credits have also been applied for and are pending from the American Dietetic Association.

For further information, call the Diabetes Prevention and Control Program at 287-5380.

(Appropriation # 013-10A-2640)

Diabetes Prevention and Control Program  
Division of Chronic Disease  
Maine Center for Disease Control and Prevention  
Maine Department of Health and Human Services  
11 SHS - 286 Water St. 5th Floor  
Augusta, ME 04333-0011

AMBULATORY DIABETES  
EDUCATION AND FOLLOW-UP  
(ADEF) /DIABETES SELF-  
MANAGEMENT TRAINING  
(DSMT)

# New Instructor Program

March 9th, 24th and 25th, 2011  
8:30 AM - 4:00 PM

Pine Tree Arboretum  
153 Hospital Street  
Augusta, ME 04330

Sponsored By:

Diabetes Prevention and Control  
Program  
Division of Chronic Disease  
Maine Center for Disease Control and  
Prevention  
Maine Department of Health and  
Human Services  
Tel: (207) 287-5380  
TTY: (207)287-8015  
Fax: (207) 287-7213

# Registration

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Organization: \_\_\_\_\_

Please mail registration form by February 21, 2011 with a check for \$200.00 payable to **TREASURER, STATE OF MAINE**, to:

**Diabetes Prevention and Control Program**  
**Division of Chronic Disease**  
**Maine Center for Disease Control and Prevention**  
**11 SHS, 286 Water St. 5th Floor**  
**Augusta, ME 04333-0011**

## Objectives

At the completion of this program, participants will be able to:

- ◆ Outline the components of the ADEF/DSMT Program
- ◆ Describe data collection procedures used by the ADEF/DSMT Program
- ◆ Describe the clinical management and treatment of diabetes
- ◆ Outline psychosocial issues in diabetes care
- ◆ Identify behavior change strategies to promote health and optimal diabetes control
- ◆ Identify teaching strategies for use with the ADEF/DSMT Program
- ◆ Describe resources for diabetes education

## Faculty

Maine Diabetes Prevention and Control Program Staff

Guest ADEF/DSMT Program Instructors

## Agenda

- ◆ Overview of Maine Diabetes Prevention and Control Program (DPCP)
- ◆ ADEF/DSMT Program Management
- ◆ Diabetes Resources
- ◆ Clinical Overview and Management
- ◆ Medical Nutrition Therapy
- ◆ Physical Activity
- ◆ Pattern Recognition
- ◆ Psychosocial Issues
- ◆ Interviewing and Teaching Strategies
- ◆ Behavior Change Strategies

## Registration and Fees

Advanced registration is required by February 21, 2011. A fee of \$200.00 is charged to cover the cost of lunch and snacks, materials, credits and other costs associated with the program. Please call the Diabetes Prevention and Control Program (DPCP) at 287-5380 with questions, or if you have special needs for which you require accommodation.

In accordance with Federal laws, the Maine Department of Health and Human Services does not discriminate on the basis of sex, age, color, national origin or disability in admission or access to or treatment or employment in its programs and activities. The Department's Affirmative Action Coordinator has been designated to coordinate our efforts to comply with and implement these federal laws and can be contacted for further information at 221 State Street, Augusta, Maine, 04333, (207)287-3488 (voice), or 1-800-606-0215 (TDD).