

**Centre for Diabetes
And
Endocrinology
(Pty) Ltd**



**Presents a
Five-Day Advanced Course
in
Diabetes Care for Health Professionals
2010**

Wits Health Consortium CPD Office has accredited the Course for 30 CPD points for Medical Practitioners and other Healthcare Practitioners registered with the Health Professions Council of South Africa. (Accreditation Number MDB08/271/01/2010).

Pre-Course readings will be supplied by e-mail to all delegates.

Official completion certificates will be provided to delegates who achieve a mark of at least 60% in the final Post-Course Knowledge Evaluation.

Comments from delegates to our 5-Day Courses in 2009:

I realise that I had been blundering around in the dark in treating my patients with diabetes and now someone has turned on the light! I am excited about applying what I have learned. This was a superb Course and an absolute privilege to attend - General Practitioner

The entire substance of the Course was "mind-blowing". The Course was excellent - Registered Nurse

The lectures proceeded at a good pace. This allowed time for questions, discussions and a lot of practical and interactive learning - Registered Dietician

Being the father of a three-year-old child with Type 1 diabetes was my motivation to attend this Course. I found the Course extremely informative. The knowledge that I gained on this Course is the best "investment" that I could have made in my child's life. Thanks for a brilliant Course.

The message that you convey is that you care. The variety of topics was great. The balance between active participation and listening was great. The great teaching skills in all lectures promote learning - Registered Nurse

Diabetes ~ The Burden, The Relief

The prevalence of Diabetes Mellitus runs between 3 and 29% (depending on the population group) in South Africa and the prevalence is increasing. Many people remain undiagnosed and at risk from disabling and life threatening complications. It is estimated that diabetes is the third leading cause of death, either directly or indirectly, in our population.

Over the past two decades it has become evident that good control of diabetes, as well as the common co-morbidities of hypertension and the dyslipidaemias, is vital to prevent or delay the devastating long-term complications of diabetes. To achieve this, people with diabetes need to understand their largely silent condition and the correct principles of self-care.

Health professionals often do not have access to updated approaches to a chronic, mostly self-managed condition such as diabetes ~ vital opportunities for therapeutic interaction and patient education are lost. Additionally, insight is needed into the wide range of available medications and treatment strategies as well as the relationships between cardiovascular and other risk factors and diabetes.

As health services evolve, there is a move towards Team Management of Chronic Conditions. This has resulted in the rest of the Health Care Team (Nurses, Pharmacists, Dieticians, Podiatrists, Biokineticists and others) playing an ever-increasing role in diabetes care.

Who Should Attend The Course?

This is an Advanced Course, and is aimed at Health Care Professionals who have a basic knowledge and understanding of diabetes mellitus. It is designed to give an extensive overview of the core principles of modern team diabetes management, so enabling the participants to understand the condition in sufficient depth, to make a real difference in the lives of people with diabetes. Pre and Post Course multiple-choice knowledge evaluation tests are administered, to allow for evaluation of the learning experience.

Attendance is also part of the contractual requirements for Practitioners wanting to open CDE affiliated "Centre for Diabetes" Branches

Answers to Frequently Asked Questions

Presented at: CDE, 81 Central St, Houghton, JHB
Dates: See Application Form
Course Hours: Five days of lectures, workshops and discussion (08h30 – 17h00).
Dress: Comfortable, smart-casual
Language Medium: English
Course Information: The Course Coordinator
Tel: +27 11 712-6000
Fax: +27 (0)86 607-9355
E-mail: Michael@cdecentre.co.za or John@cdecentre.co.za

Lecturers and Facilitators

Larry A. Distiller
BSc MBBCh (Rand) FCP (SA) FACE
Specialist Physician, Endocrinologist

Brian D. Kramer
MBBCh (Rand) DMRD (London) FCP (SA) DTM&H (Wits)
Specialist Physician, Endocrinologist

Barry I. Joffe
MB FRCP FCP (SA) DSc
Specialist Physician, Endocrinologist

David Segal
MBBCh (Wits) FAAP (USA)
Paediatric Endocrinologist

Laura Blacking
MBBCh (Wits) FCP (SA)
Specialist Physician, Endocrinologist

Stan Landau
MBChB (Stell) FCP (SA)
Specialist Physician

Andrew Heilbrunn
B PHYS ED (Wits) BA (Hons) Biokinetics
Biokineticist

Mandy Marcus
BSc (Wits) Med (Hons) Nutrition & Dietetics (UCT)
Dietician / Nutritionist

Tracey Johnson
B. Tech (Pod) SA
Podiatrist

Gerda Janse van Rensburg
ND Pod (SA)
Podiatrist

Michael Brown
B. Nursing (Wits) ACDM (Wits)
Diabetes Specialist Nurse

Rosemary Flynn
MSc (Clinical Psychology)
Clinical Psychologist

Programme Summary

The 2010 Course is aligned with the latest evidence based treatment guidelines. Case studies and problem solving approaches are a vital part of the learning process. Topics include:

- Holistic Team Care Philosophy & Educational Approaches
- Diagnosis, Classification, Pathophysiology & Prevention of Type 1 & Type 2 Diabetes Mellitus
- Other types of diabetes including Gestational Diabetes
- Treatment of Type 1 & Type 2 Diabetes
- Psychological Adjustment to Diabetes
- Meal Planning & Nutrition in Diabetes
- The Importance of Exercise in Diabetes
- The Medical Management of Diabetic Ketoacidosis
- The "Foot of the Person with Diabetes
- Acute Complications of Diabetes
- Diabetes as a Micro- & Macro-vascular Disease & Risk Factor Control
- Interactive Team-facilitated Case Study Sessions
- Practical Workshop on Self Care Devices & Equipment



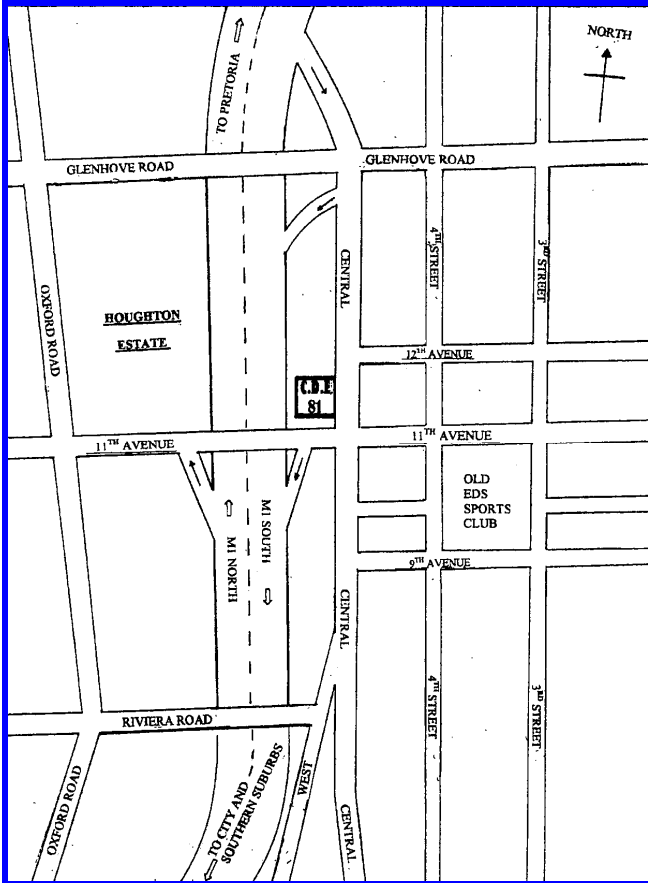
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Where Are We?

Directions:

Travelling on M1 North
...Take the 11th Avenue off ramp

Travelling on M1 South
...Take the Glenhove Rd off ramp

Directors: Dr Larry Distiller (Managing Director) Dr Brian D. Kramer



Golden Arrow Award - 2002
Diamond Arrow Award - 2005
Golden Arrow Award - 2009
For Excellence in Disease Management

Multi-Specialist Diabetes Care Team

- Specialist Physicians / Endocrinologists / Diabetologists
- Diabetes Specialist Nurses
- Dietician / Nutritionist
- Biokineticists
- Clinical Psychologist
- Podiatrists
- Pharmacists
- Pharmacy
- Laboratory Services
- Clinical Trials Facility
- Education / Conference Facilities

Name	Address	Telephone Fax E-mail Website	Facilities	Daily Rates
Avondu Guest House	8 Bristol Road Saxonwold Johannesburg	011 447-1080 083 587-9374 dea@avondu.co.za www.avondu.co.za	4 Star. Four self-contained units, with DSTV, M-Net, fridge, microwave, stove / hotplate, kettle, coffee / tea and toaster. Bathroom / shower en suite, queen / twin beds, desk / dressing table & couch & separate private entrance in all units. Secure off road parking. Airport shuttle from R350 per trip. Taxi to CDE R40-60 per trip.	Single (B&B): R650 pppn Double Room (B&B): R425 pppn Your Host: Dea Slattery (Mrs)
Garden Place Boutique Guest Houses	53 Garden Road, Orchards Johannesburg	(011) 485-3800 086 545-3954 info@gardenplace.co.za www.gardenplace.co.za	4 Star. 11 double rooms with en-suite bathrooms + 14 self-catering cottages and apartments all with M-Net, DSTV Channel & Video Channel. Dining Room serving breakfast, lunch & dinner. Full Breakfast R89. Braai facility. 2 swimming pools & lovely garden. Covered parking. Airport shuttle (R325 per trip for the first person & R50 per person thereafter). Free morning & evening shuttle to CDE / Rosebank / Sandton (10km radius).	Single Dinner, B&B Plan R999 Single B&B Plan R899 Single Rate: R799 (No meals) Double Rate: R899 (No meals) Studios: R999 (sleeps 2) Cottages: R1099 (sleeps up to 4) All rates per room per night excluding 1% Government Tourist Levy Your Host: Andy McIntyre
Granny's House Bed & Breakfast	40 Haswell Street, Oaklands Johannesburg	(011) 728-2879 (011) 728-2169 dunn@syrex.co.za	1908 farmhouse with 5 bedrooms (all with TV's), en-suite, private bathrooms. Lounge with TV & dining room. Close to transport, restaurants & shops. Secure parking. Pool & old world garden. Full English Breakfast. Dinner by arrangement. SATOUR accredited. Free shuttle to CDE. Airport Shuttle by arrangement with external providers.	Single: R525 (*R470) pp Sharing: R350 (*R330) pp * If stay is 4 days or more Your Hosts: Dave & Marilyn
Graton Guest House	4a Oaklands Road, Orchards Johannesburg	(011) 728-2340 (011) 728-0855 info@graton.co.za www.graton.co.za	3 Star. 5 double rooms (with en-suite or private bathrooms, telephone, tea & coffee), close to transport routes, restaurants & shops. Secure parking. Fax & e-mail facilities. Wi-Fi enabled. Pub, swimming pool & garden. Full / Continental Breakfast. Free shuttle to CDE, pending availability. Airport Shuttle: R300 per trip for the first person & R50 per person thereafter).	Single (B&B): From R550 pp Sharing (B&B): From R350 pp (Rates valid until 1 st July 2010) Your Hosts: Tony & Graham

List of Nearby Hotels / Guest Houses ~ 2010

Disclaimer

Accommodation details are given for information only. Whilst every effort is made to ensure accuracy of details, we are not responsible for any errors or omissions. The Centre for Diabetes and Endocrinology (Pty) Ltd is not responsible for the adequacy of these facilities, and the provision of this information does not constitute or imply our recommendation or endorsement of them.

Rates & Information checked January 2010, but subject to change without notice