



Ente Morale D.M. 20 Settembre 1993  
Membro I.D.F. International Diabetes Federation  
Medaglia d'oro al merito della Sanità Pubblica

### ***ONLINE "DIABETIC GUIDE" COURSE by FAND***

**EDUCATIONAL OBJECTIVES:** train people, within voluntary associations, able to make a valuable contribution to diabetes self-control and self-management education and provide support to patients and / or family members with diabetes problems with correct information on lifestyles, self-control and daily self-management of diabetes.

The course is organized in collaboration with Scientific Medical Associations and Training Schools.

### **SKILLS AND KNOWLEDGE**

- Give correct information on diabetic disease and its prevention.
- Establish exchanges of experiences among diabetics useful for dealing with the psycho-physical implications of the disease.
- Support patients in various activities (school, sport, work, nutrition), helping to clarify any problems that may arise in the various areas.
- Educate to a correct conduct of a daily lifestyle (physical activity).
- Provide any useful information regarding a healthy and balanced diet.
- Instruct and inform on: "correct" and careful use of monitoring systems and personal management of technology.
- Be an example, with personal behavior, for a better approach to the "disease".

### **METHODOLOGY**

The methodology followed is that of active learning with an individual working method. Every single online class, for a total of n. 11 meetings, lasting about 80 minutes, will include:

- a) on-line recorded video lessons carried out by professionals in the health sector available on Fand website in a dedicated area
- b) presentation / discussion of cases
- c) moments of learning verification
- d) questions by the attendees

### **VERIFICATION OF LEARNING**

During each lesson there are interactive surveys on the arguments presented during the lesson.

At the end of the course, the participants acquired skills will be assessed by means of a single response questionnaire. To access to the final examination the attendees must have been present to at least 8 lessons on 11.

The exam is passed if at least 80% of the questions are answered.

After passing the final exam, a certificate of "Diabetic Guide" will be issued. Certification that attest the frequency to the course and cannot be used for profit.



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