February 26, 2021

IDF / DaR
Guidelines Workshop
MENA
IDF-DAR Guidelines
Best Tips Workshop

 GMT

02:00 - 02:10PM  Introduction: DAR-IDF

02:10 - 02:30PM  Pre-Ramadan Assessment and Risk Scoring
  • Risks vs benefits of fasting
  • Risk scoring and religious view
  • Role of pre-Ramadan education
  • BG monitoring when and how

02:30 - 02:50PM  Practical considerations for T2D- OHG/GLP-1 RA
  • Nutrition changes in Ramadan
  • Timing and dose adjustment of OHG
  • Timing and dose adjustment of GLP1-RA
  • What to do for those on multiple therapies

02:50 - 03:10PM  Insulin modification during Ramadan fasting
  • Timing and dose adjustment of basal insulin with or without GLP-1RA
  • Timing and dose adjustment of mix-insulin
  • Timing and dose adjustment of basal/bolus
  • Pump and CGM best tips

03:10 - 03:30PM  Management of special groups during Ramadan
  • Chronic Kidney disease
  • Cardiovascular disease
  • Pregnant women
  • Age considerations for the elderly

03:30 - 04:00PM  Panel Discussion

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