

# Diabetes IPE e-learning course

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## Week 2 (approx. 3 hours)

This week you will appreciate why diabetes is an important public health issue. You will be watching and listening to an interview between a public health specialist (Dr Nicky Druquer) and a local GP (Dr Steve Levene) . Dr Steve Levene is a General Medical Practitioner at East Leicester Medical Centre He has many publications in the area of diabetes and has recently authored a book - Management of Type 2 Diabetes Mellitus: A Practical Guide (2008) 2nd Edition. ButterHeinem ST - which is aimed at all members of the primary health care team (see additional resources)

For these activities you will need a set of headphones. They do not need to be very fancy: headphones which you use to listen to your i-pods or personal music systems will suffice. Alternatively, you can borrow some from the library if you are accessing the course there.

There are 4 e-tivities for you this week.

You are required to contribute to all the e-tivities this week before you can progress to the next week.

## Introduction to Week 2 activities

During this week you are required to undertake four e-activities that aim to give you a public health understanding of diabetes. The activities encourage you to develop a population-focused perspective and help to contextualize the later sessions, where the focus moves to individual patients and the value of inter-disciplinary working in responding to their needs. By the end of week 2 you should have a good appreciation of why the prevention and control of diabetes is such a key priority for public health action, both nationally and internationally.

There is a glossary section in the references, if you need to review the meanings of the terms used in the interview. The resources area also gives you useful databases to search for evidence based sites.

You will also be using wikis throughout this week.



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## e-tivity 1: Overview of Diabetes (approx. 30 mins)

### Purpose

To give you an appreciation of the amount and distribution of diabetes in an inner-city practice population.

### Task

1. Watch the video clip (Overview of diabetes).

Before you watch the video clip below, look up a definition of the epidemiological terms 'incidence' and 'prevalence' in the glossary section of the references.

Dr Levene, a local GP will provide an overview of how diabetes affects one local population.

Click on the link below to activate the video.

<http://youtu.be/NoVMEheJpjA>

2. Research on-line web resources about the nature and scale of diabetes in other countries or communities.

### Respond

\* Select ONE web resource that appeals to you and post a link to it in the ...**(suggest a wiki e.g. 'Week 2: Overview of Diabetes')**

Provide a 20-50 word justification for your choice in the wiki.

\* Respond to the comments of at least one other student (preferably a student from a different profession to your own).

## e-tivity 2: Managing Diabetes in Primary Care (approx. 30 mins)

### Purpose

To encourage you to reflect on some of the challenges and rewards of diabetes care

### Task

1. Watch the video clip



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Before you watch the video clip below you may want to look up the term 'cardio vascular risk profile' in the glossary section of the references.

<http://youtu.be/RaHrG5VXmRk>

2. Now, consider some of the special issues that diabetes raises within the South Asian population.

- Select ONE issue that Dr Levene has highlighted. What challenges does this present for you as a professional?
- What are the challenges of this issue for effective multi-disciplinary team-working?

Respond:

\* Post your response in the wikis area under ...(**suggest a wiki e.g. 'Week 2: Managing Diabetes in Primary Care'**). (20-50 words)

\* Respond to the comments of at least one other student (preferably a student from a different profession to your own). (20-50 words)

### e-tivity 3: New Developments in Prevention (approx 30 mins)

#### Purpose

To encourage you to consider the potential of screening as a public health response to diabetes

#### Task

Dr Levene highlights that there is debate about the value and practicality of plans to extend screening for chronic disease in the community.

Watch the video:

<http://youtu.be/li2usV1GsYA>

2. What do you think about the value of screening programmes for the primary prevention of coronary vascular disease and diabetes?



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## Respond

\* Post your comments in ...(**suggest a wiki e.g. 'Week 2: New Developments in Prevention'**) (20-50 words)

\* Respond to the comments of at least one other student (preferably a student from a different profession to your own).

## e-tivity 4: Responding to Diabetes on a Societal Level (approx. 30 mins)

### Purpose

To encourage you to consider the advantages of a joined-up thinking between health care professionals and the community

### Task

1. Watch the video .

<http://youtu.be/3m6LpWFODc4>

There are many sectors and settings with a contribution to make to the public health effort to prevent and control diabetes

2. What challenges do primary care teams have in promoting strategies or programmes that tackle behavioural risk factors for diabetes/ cardiovascular disease (e.g. diet, exercise, smoking)?

## Respond

\* Post your ideas to ...(**suggest a wiki e.g. 'Week 2: Responding to diabetes on a societal level'**).

\* Respond to the comments of at least one other student (preferably a student from a different profession to your own).

## Wiki entries (examples)

*The World Health Organisation's country and regional data on diabetes:*

[http://www.who.int/diabetes/facts/world\\_figures/en/](http://www.who.int/diabetes/facts/world_figures/en/)

*With the approximate prevalence found today and a projection for prevalence in 2030.*



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*When you want a reliable source of information the WHO is a very useful resource, and the numbers predicted for 2030 are shocking and show that diabetes is not just a disease of the western world.*

*This article is taken from the US and relates diabetes to obesity which is a big problem in America where 1/3 of the population are obese, and that is a big population (pun not intended!). It comments on how pharmacists should be aiming to advise weight management in the fight against diabetes, and mentions a term I have not heard before- diabetes.*

<http://www.uspharmacist.com/content/d/in-service/c/10351/>

*Hi (to the student above),*

*I agree that is a very shocking figure and not very long away and certainly in our lifetime. We will probably still be practising and dealing with these patients which suggests diabetics are going to be a major part of our future work. It is a shame because diabetes can be preventable in some cases, especially when related to obesity, and I hope that part of our career will be to ensure this predicted figure is not reached!*

*This article gives an idea of the global scale of diabetes and the percentage increase over the last ten years- relating it to changes in behaviour and lifestyle. Diabetics are a large part of the podiatrists caseload- lots of foot pathology as a result of the disease.*

<http://www.oucom.ohiou.edu/dbms-blazyk/Zimmet%202001.pdf>

*Hi (to the students above)*

*until I started podiatry I had no idea how huge a problem diabetes was and the complications that could arise. I think if people were more aware of the complications that can result, they might take the problem of obesity a bit more seriously.*



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