

Course Overview/Description

As a home health care worker, you play an important role in the health and well being of your clients. This course will enhance your care of elderly and chronically ill clients by helping you recognize and respond to signs of diabetes and then provide diabetes-specific comfort and care measures to your clients.

The course includes four modules. In the first, you'll gain a general understanding of what diabetes is and its different types. In the next module, you will learn about pre-diabetes so that you are better prepared to more effectively intervene with your clients to prevent pre-diabetes related crises. You will then learn the causes and treatments of Type I diabetes, along with how to identify red flags associated with this form of the disease. In the final module, you will learn about Type 2 diabetes, its causes and treatments, and the red flags associated with it.

To add realism to the course, as you move through it you will "meet" and interact with five different virtual clients, learning how to identify if each could be diabetic or not and what sorts of comfort and care measures might be needed in each of their situations. The course also includes periodic "Knowledge Checks" that will help ensure you understand the content you are learning. Each of the four modules ends with an exam that you must successfully pass in order to move forward with the rest of the course.

You will learn new things and expand your frame of reference by successfully completing the Aide Care of the Diabetic Client course. It is designed to help you learn how to give your clients a higher level of service than you might currently be used to providing. Its goal is to help you become an even more valuable member of the team that serves your clients.

Course Outline

Welcome & Orientation

Course Introduction

Module 1 – General Overview of Diabetes

Goal: In order to provide better care for their clients, learners will understand basic information regarding what diabetes is and its different types.

Objectives: Learners will be able to explain what diabetes is and identify its three different types.

Module 1 Lessons

- Lesson 1.1 – What is Diabetes?
- Lesson 1.2 – Overview of Pre-Diabetes
- Lesson 1.3 – Overview of Type I Diabetes
- Lesson 1.4 – Overview of Type II Diabetes

Module 2 – Pre-Diabetes

Goal: Based on their basic knowledge of diabetes, learners will be able to intervene more effectively to prevent diabetes-related crises with their clients—specifically pre-diabetes.

Objectives:

- Learners will understand basic information regarding the causes and treatments of pre-diabetes.
- Learners will be able to recognize the red flags indicative of pre-diabetes.
- Learners will be able to determine effective comfort and care measures to take vis-à-vis diet requirements for pre-diabetic clients.
- Learners will be able to explain how diet impacts insulin for pre-diabetic clients.
- Learners will be able to determine effective comfort and care measures to take vis-à-vis the impact of a pre-diabetic client's diet on insulin.
- Learners will be able to determine effective comfort and care measures to take vis-à-vis exercise requirements for pre-diabetic clients.
- Learners will be able to determine effective comfort and care measures to take vis-à-vis medication interactions for pre-diabetic clients.

- Learners will be able to identify and provide appropriate foot care for pre-diabetic clients.
- Learners will be able to explain what systems are affected, and the possible consequences of non-adherence to appropriate guidelines, for pre-diabetic clients.

Module 2 Lessons:

- Lesson 2.1 – Overview of Pre-diabetes
- Lesson 2.2 – Pre-diabetes Red Flags: Symptoms
- Lesson 2.3 – Pre-diabetes: Diagnosis
- Lesson 2.4 – Care and Comfort Measures for Pre-diabetes

Module 3 – Type 1 Diabetes

Goal: Based on their knowledge of diabetes, learners will be able to intervene more effectively to prevent diabetes-related crises with their clients—specifically Type I Diabetes.

Objectives:

- Learners will understand basic information regarding the causes and treatments of Type I diabetes.
- Learners will be able to recognize the red flags indicative of Type I diabetes.
- Learners will be able to determine effective comfort and care measures to take vis-à-vis diet requirements for clients with Type 1 diabetes.
- Learners will be able to explain how diet impacts insulin for Type 1 diabetes clients.
- Learners will be able to determine effective comfort and care measures to take vis-à-vis the impact of a Type 1 diabetes client's diet on insulin.
- Learners will be able to determine effective comfort and care measures to take vis-à-vis exercise requirements for Type 1 diabetes clients.
- Learners will be able to determine effective comfort and care measures to take vis-à-vis medication interactions for Type 1 diabetes clients.
- Learners will be able to identify and provide appropriate foot care for Type 1 diabetes clients.
- Learners will be able to explain what systems are affected, and the possible consequences of non-adherence to appropriate guidelines, for Type 1 diabetes clients.

Module 3 Lessons:

- Lesson 3.1 – Overview of Type I Diabetes
- Lesson 3.2 – Type I Diabetes Red Flags: Symptoms

- Lesson 3.3 – Understanding Insulin & Type I Diabetes
- Lesson 3.4 – Type I Diabetes: Diagnosis
- Lesson 3.5 – Care and Comfort Measures for Type I Diabetes

Module 4 – Type 2 Diabetes

Goal: Based on their knowledge of diabetes, learners will be able to intervene more effectively to prevent diabetes-related crises with their clients—specifically Type II diabetes.

Objectives:

- Learners will understand basic information regarding the causes and treatments of Type II diabetes.
- Learners will be able to recognize the red flags indicative of Type II diabetes.
- Learners will be able to determine effective comfort and care measures to take vis-à-vis diet requirements for Type II diabetes clients.
- Learners will be able to explain how diet impacts insulin for Type II diabetes clients.
- Learners will be able to determine effective comfort and care measures to take vis-à-vis the impact of a Type II diabetes client's diet on insulin.
- Learners will be able to determine effective comfort and care measures to take vis-à-vis exercise requirements for Type II diabetes clients.
- Learners will be able to determine effective comfort and care measures to take vis-à-vis medication interactions for Type II diabetes clients.
- Learners will be able to identify and provide appropriate foot care for Type II diabetes clients.
- Learners will be able to explain what systems are affected, and the possible consequences of non-adherence to appropriate guidelines, for Type II diabetes clients.

Module 4 Lessons:

- Lesson 4.1 – Overview of Type II Diabetes
- Lesson 4.2 – Type II Diabetes Red Flags: Symptoms
- Lesson 4.3 – Understanding Insulin & Type II Diabetes
- Lesson 4.4 – Type II Diabetes: Diagnosis
- Lesson 4.5 – Care and Comfort Measures for Type II Diabetes