



BIDAC

Bournemouth's Insulin Dose Adjustment Course –For
Health Care Professionals

The Village Hotel, Deansleigh Road, Bournemouth,
Dorset, BH7 7DZ

Training Programme

Day 1	
9.00	Refreshments & Welcome
9.15	Introductions & Course Goals
9.45	Setting the scene Education pathway of management for type 1 diabetes
10.15 Break 10.45-11.00	Carbohydrate Counting Principles & Practice Carbohydrate Ratios
13.00	Lunch
13.45	Insulin Dose Adjustments Background & Correction doses
14.15 Break 15.00	Case Studies Practical group work
15.45	Psychological component to managing Type 1 Diabetes
16.15	Questions and Discussion

Evening Meal, for all course participants at the venue

Day 2	
9.00	Coffee and Review of Day 1 and Evening Meal
9.15 Break at 11.00	Insulin adjustments for specific situations <ul style="list-style-type: none"> • Diabetes and long term health • Illness • Hypoglycaemia • Alcohol • Exercise
12.00	Structure of education programmes, e.g. BERTIE <ul style="list-style-type: none"> • Recruitment and pre-assessment • BERTIE timetable • Practical considerations
12.30	Lunch
13.15	The Patient Experience
13.45	Managing the quality of your education <ul style="list-style-type: none"> • Data collection & audit • QISMET certification
14.30	In the clinic End of course case study download challenges!
15.00	Your plans Have you met your aims? What else will you need to do to achieve your aims? What are the barriers and what may stop you? How will you put your learning into practice?
15.30	Take home messages / Finish

Take a look at Bertieonline.org.uk in advance of attending BIDAC!