

## **2<sup>nd</sup> Global Diabetes Summit - Objectives**

At the conclusion of program, learners will be able to:

- Assess the social, psychological, and biological predispositions of patients' behaviors and the resulting health outcomes.
- Assess patient and family readiness, willingness, and ability to make health behavior changes.
- Perform a history and physical examination specific to lifestyle-related health status, including lifestyle "vital signs" such as tobacco use, alcohol consumption, diet, physical activity, body mass index, stress level, sleep, and emotional well-being.
- Use nationally recognized practice guidelines (such as those for hypertension and smoking cessation) to assist patients in self-managing their health behaviors and lifestyles.
- Collaborate with patients and their families to develop evidence-based, achievable, specific, written action plans such as lifestyle prescriptions.
- Use appropriate community referral resources that support the implementation of healthy lifestyles.
- Incorporate new research findings into mainstream practice while re-enforcing standards of care that are crucial to wellness with which diabetes patients are commonly found to be non-compliant, such as lifestyle change and dietary recommendations.
- Effectively coach and building relationships with patients and patient families regarding how to make lifestyle changes and employ the proper protocol and tools to make these types of treatment plan more accessible to patients
- Evaluate the important role personalized health care and genetic testing can play in the treatment of diabetes
- Formulate treatment plans using the latest research regarding patients with compounded health issues and recognize the role other health issues might play in treating diabetes and vice versa (wound care, cardiology, obesity, etc)
- Work effectively with an interdisciplinary team to address complicated, multi-layered issues surrounding patients with compounded health issues.
- Develop and apply office systems and practices to support lifestyle medical care including decision support technology.
- Employ treatment options specific to the needs of women of varying ethnicities and translate the latest research from the Women's Health Initiative

- Recall the important treatment implications for and the latest research regarding pregnant women with diabetes
- Report the increasing prevalence of obesity and diabetes in the youth populations and its implication for long term treatment and disease management
- Distinguish the global impact of diabetes and how ethnicity plays a major role pathophysiology, prevention and treatment of diabetes around the world (perspective from African Americans, West Indians, South Africans, Continental East Asians, Asian Indians, etc)