

Program Objectives:

- Outline the benefits of increased physical activity and improved fitness for those with diabetes, particularly as it relates to cardiovascular risk reduction.
- Define appropriate medical screen and evaluation prior to initiation of an exercise program.
- Teach the fundamentals of exercise program design and guide health care providers in the exercise prescription process.
- Provide practical tips on short and long term goal setting and review empowering methods for charting one's progress and impart lifestyle coaching strategies to assist with implementation of exercise-related behavior change.
- Review basic exercise physiology and the hormonal response to exercise in those with and without diabetes.
- Review the mechanism of action of medications specifically related to exercise and fuel metabolism, and suggest strategic utilization of medications in conjunction with exercise.
- Review insulin's role in fuel metabolism in exercise, the physiologic response to exercise, factors that predispose to over- and under-insulinization during exercise, and exercise-induced hypoglycemia and hyperglycemia.
- Describe basic fuel management strategies for exercise and endurance training, including nutrition, basal, and bolus insulin strategies.
- Define strategies for the fitness and sports-minded to maintain motivation and prevent burnout; and, describe methods for identifying setbacks and recognizing the successes.

Program Faculty:

Matt Corcoran MD, CDE ACSM Exercise Specialist

Dr. Matt Corcoran is Program Director for the Diabetes Training Camp organization. Dr. Corcoran is board-certified in Internal Medicine as well as Diabetes, Endocrinology and Metabolism.

Carrie Cheadle, MA, CC-AASP Sport & Exercise Mental Skills Coach

Carrie has a Bachelor of Arts in Psychology and a Master of Arts in Sport Psychology. She is a member of the American Psychological Association (APA) and a certified sports psychology consultant through the Association for Applied Sport Psychology (AASP).



Continuing Education Credits:

Nurses/Pharmacists:

An application has been submitted to the American Association of Diabetes Educators, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Dietitians/Exercise Physiologists:

Applications for continuing education credits have been submitted.

Diabetes: Exercising Your Options

Saturday,
April 17th, 2010
8:00 am to 4:45 pm

Fort Mason Center,
Landmark Building A,
San Francisco, CA, 94123
www.fortmason.org

Hosted by:
SFBAADE



www.diabetesed.org

Diabetes: Exercising Your Options



Course Description:

Come join members of the Diabetes Training Camp team for a day of learning and fun. Our speakers will be sharing insight regarding a comprehensive approach to facilitating success with fitness, exercise and sports for those with diabetes. Through interactive case studies and lectures you will learn practical medication and insulin dosing strategies for various clinical scenarios before, during, and after exercise; nutritional requirements for the exerciser or athletes with diabetes; and identify approaches for assisting your patients in achieving their activity goals.

Program Highlights:

- Dynamic, interactive, and case based learning approach with the DTC team.
- Basic Exercise Physiology to apply to your patients with type 1 and type 2 diabetes.
- Understanding exercise prescription and insulin/medication adjustments in type 2 diabetes.

Target Audience:

This conference will benefit all healthcare professionals interested in diabetes, exercise, and sports, including RN's, RD's, NP's, PT's, CDE's, exercise physiologists, and fitness specialists.

Agenda

7:30am - 8:00 am

Registration/ Continental Breakfast

8:00am - 8:45 am

Welcome and Introduction Session

8:45am - 9:45am

Case Study #1: Type 2 Diabetes and Exercise Getting Started

9:45am - 10:00am

Break

10:00am - 11:00am

Case Study #2

Diabetes and Exercise: From Meds to Mental Skills

11:00am - 11:45am

Maintaining the Motivation of Your Patients

11:45am - 12:45pm

Lunch

12:45pm - 1:45pm

Case Study #3: Getting off the Roller Coaster

1:45pm - 2:00pm

Break

2:00pm - 2:45pm

Case Study #4

Fitness, Sports and Type 1 Diabetes (part 1)

2:45pm - 3:15pm

Mini-Lecture: Power of Self Talk:
Managing Anxiety, Emotions, and Stress

3:15pm - 3:30pm

Break

3:30pm - 4:45pm

Case Study #5

Fitness, Sports and Type 1 Diabetes (part 2)

4:45pm

Program Wrap-up

Registration Information:

Mail Registration form with check made payable to SFBAADE to:

Denise West, RN, BSN, CDE
John Muir Diabetes Center
175 La Casa Via
Walnut Creek, California, 94598

For questions, contact:
denise.west@johnmuirhealth.com

Registration Fees:

Check payable to SFBAADE:

Early Registration (Before March 15th):

SFBAADE Members....\$120
Non-Members.....\$140

After March 15th:

SFBAADE Members....\$140
Non-Members.....\$160

Registration Form:

Name: _____

Address: _____

City: _____ State: _____

Zip: _____ Phone: _____

Email: _____

License: RN / RD / SW / MD (Circle one)

Other _____