

Program Description

This program is designed for the healthcare professional involved in the care of persons with Diabetes Mellitus. Many psychosocial factors impact adherence to diabetes self-care behaviors. These behaviors have a significant impact on blood glucose control and risk of acute and chronic complications of diabetes. This program will focus on identifying the obstacles that interfere with good self-care and techniques necessary for effective action planning and overcoming diabetes-related emotional distress.

Continuing Education Credit

Nurses: 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 & Pharmacists: An application for continuing education credit has been submitted.

Approved for 6 CEU by the Ca. BRN

Program Objectives

- 1) Discuss the latest research findings concerning poor motivation in diabetes and how psychosocial factors impact on adherence to diabetes self-care behaviors.
- 2) Discuss the prevalence and unique characteristics of depression in diabetes and how depression and diabetes interact.
- 3) Discuss major behavioral strategies for overcoming depression and other diabetes –related emotional distress.
- 4) Describe and utilize the critical techniques necessary for effective action planning with diabetes patients.

Approval of this educational offering by AADE does not imply endorsement of specific therapies, treatments, or products discussed in the presentations.

REGISTRATION INFORMATION

Refunds will only be given prior to the **March 24, 2006 registration deadline.**

Mail Registration form and check payable to SFBAADE to:
Catherine Dorey RN,CNS,CDE
149 Lunado Way
San Francisco, Ca. 94127

Questions – Amalia Fyles RN, CNS, CDE (415) 206-8749

Amalia_fyles@chnsf.org

www.diabetesed.org

Registration Fee- check payable to SFBAADE -

nonrefundable

SFBAADE Member \$40.00

Nonmember \$60.00

Name: _____

Address: _____

City: _____ State: _____

Zip: _____ Phone: _____

Email: _____

License RN: _____

RD: _____

SW: _____

MD: _____

A Statement of Credit will be provided by SFBAADE following the program to nurses, dietitians and pharmacists who successfully complete the program – sign in, attend all sessions and complete and return the evaluation form required for full credit.

Saturday, April 1, 2006

- 7:45 - 8:30 Registration and
Coffee / Vendors

- 8:30 - 8:45 Introductions/Welcome

- 8:45 – 9:45 Psychosocial Obstacles in
Diabetes Care

- 9:45–10:00 Break / vendors

- 10:00- Noon Engaging the Disengaged
Patient With Diabetes

- Noon - 1:30 Lunch / Business (lunch provided)
Meeting / Vendors

- 1:30 - 2:30 Addressing Harmful Health Beliefs,
Diabetes-Related Emotional
Distress and Other Psychosocial
Obstacles

- 2:30-2:45 Break / Vendors

- 2:45-3:45 Secrets of Effective Action
Planning in Diabetes

- 3:45 - 4:00 Summary/Evaluation/Adjourn



SFBAADE

presents:

**Strategies For Promoting Behavior
Change in Diabetes**



William H. Polonsky, PhD, CDE

President and Founder, Behavioral Diabetes Institute
Associate Clinical Professor in Psychiatry,
University of California, San Diego

Saturday, April 1, 2006

California Pacific Medical Center
3700 California Street
San Francisco, CA