The Primary Care – Chronic Disease Management Overview for Health Care Professionals is designed for clinicians who are new to their role and/or needing a refresher of CDM education.

We welcome you to register for any sessions. There is no cost for registration.

Attention Rural Managers: If you wish to offer a telehealth session(s) in your area, please contact Loretta Cruise at loretta.cruise@ahs.ca.

**Basic Diabetes**

Location: RRDTC
8 a.m. – 4 p.m.          October 15, 2018
7:30 a.m. – 4:30 p.m.    January 14, 2019
7:30 a.m. – 4:30 p.m.    April 12, 2019
7:30 a.m. – 4:30 p.m.    October 4, 2019

The basic workshop provides large and small group practice sessions and scenarios for all aspects of diabetes appointments from setting agendas to advising and assisting clients on management options. The focus is on patient’s safety, individualizing targets and care, and on preparing you for real-life scenarios.

**Intermediate Diabetes**

Location: RRDTC
8 a.m. – 4 p.m.          October 22, 2018
7:30 a.m. – 4:30 p.m.    January 21, 2019
7:30 a.m. – 4:30 p.m.    April 15, 2019
7:30 a.m. – 4:30 p.m.    October 7, 2019

The intermediate workshop includes large and small group practice intensifying diabetes management through further adjustment of diabetes agents, together with diet, and the teaching of insulin starts.

**Advanced Diabetes**

Location: RRDTC
8 a.m. – 4 p.m.          October 26, 2018
7:30 a.m. – 4:30 p.m.    January 28, 2019
7:30 a.m. – 4:30 p.m.    April 29, 2019

Participation in the Basic and Intermediate workshops is encouraged prior to attendance. The full day Advanced Diabetes Workshop focuses on developing and adjusting basal bolus insulin therapies in type 1 and type 2 diabetes. Case studies include scenarios to create and adjust ICRs (insulin to carbohydrate ratios), ISFs (insulin sensitivity factors), insulin pump basal rates as well as basal/bolus sliding scales. There is significant case work to analyze glucose records. Participants have commented on their appreciation of the Endocrinology and Metabolism Program’s Desktop Guidelines for Insulin Adjustment. This step-based
tool is used in numerous case scenarios to quickly analyze glucose records and adjust insulin, even with erratic blood glucose readings.

Participants are advised to bring a calculator, pen and paper.

**CDM Information Day**  
**October 1, 2018**  
Location: Southport Tower  
Room: 1004  
9 a.m. – 3 p.m.

Representatives from the Calgary Zone Chronic Disease Management programs will present an overview of the following programs:

- Alberta Healthy Living Program (formerly Living Well)
- COPD/Asthma program
- Better Choices, Better Health
- Diabetes, Hypertension & Cholesterol Centre
- Southern Alberta HIV Clinic
- Calgary Pain Centre
- Primary Care Overview
- Indigenous CDM & Other Indigenous Programs

**COPD & Asthma Education Day**  
**October 11, 2018**  
Location: Southport Tower  
Room: 1016  
9 a.m. – 3 p.m.

Objectives:

- Understanding the differences in pathophysiology of asthma and COPD
- Learn how the disease process impacts the quality of life of these patients, the importance of self-management, monitoring, and actions plans
- Identifying the early detection of COPD
- Discuss the spirometry as an objective measurement of lung disease
- Review devices and pharmacotherapy
- Identify strategies to manage and refer patients with asthma, COPD or smokers at risk

**Renal Education Day**  
**October 23, 2018**  
Location: Southport Tower  
Room: 1002  
9 a.m. – 3:30 p.m.

Objectives:

- Overview on chronic kidney disease (CKD) pathophysiology
- Overview of risk factors and management of CKD – case studies
- Diabetes and CKD
- Conservative Kidney Management
Cardiac Education Day (Telehealth Session) November 8, 2018
Location: Southport Tower
Room: 1003
Objectives:
- Become familiar with the cardiac rehabilitation process with focus on patients and family centered care
  - And Coronary Artery Disease
- Heart disease differences between men and women
- Become familiar with the multisystem syndrome of heart failure
- Learn about congestive heart failure prevention, approach to assessment and how to treat

Vascular Risk Reduction (Telehealth Session) November 14, 2018
Location: Southport Tower
Room: 1002
Objectives:
- Enhance your knowledge on vascular risk reduction
- Learn how to do Ankle Brachial Indexes
- Learn how to evaluate for Sleep Apnea
- Learn how vascular risk reduction relates to cardiac and renal disease
- Case studies

Person Centred Practice using HealthChange® Methodology Multiple Dates
Full Day
The HealthChange® Methodology can be applied to any setting where clients or patients are required to take some action to achieve better health or quality of life outcomes:

- Supporting client engagement and decision-making
- Increasing client adherence to evidence-based lifestyle & treatment advice
- Integration of patient-centered communication & behavior change support into clinical practice in an effective and time-efficient way

NOTE: This course requires special registration procedures.
- AHS learners: please register for HealthChange® Methodology on MyLearningLink (on Insite).
- Non-AHS learners: please register by emailing phc@ahs.ca or call 1-855-943-2366
ONLINE Diabetes Learning Module for Healthcare Professionals
This online module supports the content in the Basic, Intermediate and Advanced Diabetes workshops for healthcare professionals.

**NOTE:** This course requires special registration procedures.
- Please email bev.madrick@ahs.ca, dave.dyjur@ahs.ca and sherri.deroo@ahs.ca to request a username and password and to receive access instructions.