Basic Concepts of Teaching Diabetes Self-Management Techniques

NUR 510 Section 901

Spring 2014, Lecture

Dr. Susan Appel

Overview

Credit Hours
3 Graduate Credit Hours

Faculty Responsible for Course
Susan J. Appel, PhD, ACNP-BC, FNP-BC, CCRN, FAHA

Office Location
CCN 3019

Office Hours
By Appointment

Phone
(205) 541-6778 Cell | (800) 313-3591 Toll Free | (205) 348-5559 Fax

Email
sappel@ua.edu or use the Blackboard Learn Course Email tool. (Responses to email will be provided within 36 hours during weekdays.)

Prerequisites

UA Course Catalog Prerequisites

Prerequisite(s): Permission by Instructor.
Graduate Pathophysiology Course or Permission of Instructor

Resource Persons

Faculty of CCN; other selected experts

Course Description

This online elective course is open to any graduate student in the health or social sciences. The course focuses on: Diabetes Self-Management Techniques (DSMT) and instructs the provider in what manner to impart information that has immediate application for people living with diabetes. The course focuses on application of clinical guidelines for exercise and fitness, nutrition and diet, and the techniques, products, and strategies that help patients learn diabetes self-management techniques that empower them to take charge of their well-being and live healthier lives.

Student Learning Outcomes

Upon completion of the course, the student will be able to:

- Characterize the epidemiology of the worldwide diabetes pandemic.
- Enumerate the pathologic manifestations of various classifications of diabetes mellitus.
- Apply diabetes clinical practice guidelines used to direct patient educational interventions, improve outcomes, and enhance quality of life among persons living with diabetes.
- Expand understanding of adult evidence-based learning theories related to behavior change.
- Formulate strategies for meeting the needs of adult learners in order to teach patients diabetes self-management techniques.
• Discern how nutrition and physical activity can aid in delaying, preventing, and treatment of diabetes complications.
• Reexamine pharmacologic treatment options for diabetes and comorbid conditions.
• Appreciate the acute and chronic complications of uncontrolled diabetes and interventions to reduce patient risk, and support patients to adopt diabetes self-management techniques.

*Roman Numerals indicate related program objectives listed with each course objective.

Types of Learning Facilities

online

Teaching and Learning Strategies

The content of a 3 semester hour course has been adapted to be presented over 3 weeks. The student is encouraged to participate daily in order to absorb the content.

In the first week students will learn:

• Scope of the diabetes pandemic
• Normal physiology and pathophysiology and clinical manifestations of diabetes mellitus
• Diabetes clinical practice guidelines
• Patient interventions to improve outcomes and enhance quality of life

In the second week students will learn:

• Evidence-based adult learning theories related to behavior change
• Nutrition and physical activity
• Healthful lifestyle changes

In the third week students will learn:

• Pharmacologic treatment options for diabetes
• Acute and chronic complications of uncontrolled diabetes
• Empowerment of the patient for adoption diabetes self-management techniques

Evaluation

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Points Percentage</th>
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<tbody>
<tr>
<td>3 Case Study Discussion Blogs</td>
<td>30%</td>
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### Evaluation: Supplemental

Students are required to complete each assignment and assessment listed above in order to pass this course. All components of the evaluation must be submitted **before** a final grade for the course will be calculated.

Although attendance is not taken in this course, the grade for participation will be based on timely and quality submission of course assignments.

### Course Schedule

Refer to the *Course Schedule*, located on the Course Tools menu, for a list of module topics, assignments, and due dates. Also refer to the *UA Academic Calendar* for other important deadline dates.

### Graduate Grade Description

- 90-100 = A
- 80-89 = B
- 70-79 = C
- 60-69 = D
- 59 and below = F

### Assessments

Students are required to take a pre-test to assess their beginning knowledge of the topic. The pretest does not count toward the student’s course grade. There are 3 quizzes which count a total of 30% of the course grade.
**Required Texts**

**UA Supply Store Textbook Information**

- MERTIG, RITA G / NURSES GUIDE TO TEACHING DIABETES SELF-MANAGEMENT *(Required)*
- PHILIS-TSIMIKAS, ATHENA / THE SCRIPPS WHITTIER DIABETES INSTITUTE GUIDE TO PATIENT MANAGEMENT AND PREVENTI *(Required)*


ISBN 13: 978-0763773267

Access to up-to-date computer equipment (hardware and software) and Internet service is required for satisfactory completion of this course.

**Email**

Unless otherwise noted, you should only contact your faculty member using the *Mail* feature in Blackboard Learn. Common procedural or curricular questions that arise each semester are answered on the *Syllabus*. If you are unable to find the answers you need, you may contact the faculty member via the Course Email tool, linked on the Course Tools menu. If needed, view the [Blackboard Learn Mail Tutorial](#) for assistance using the *Mail* tool. Be sure to follow the course netiquette rules when composing emails.

**Graduate Attendance Policy**

Students are expected to participate in online activities and attend all required on-campus and scheduled clinical experiences. It is an expectation that graduate students enrolled in online, blended, or onsite courses will check both Crimson and course email daily. Should absences from clinical learning experiences be necessary, students are expected to notify the designated agency contact person as well as course faculty.

**Make Up Policy**
Students enrolled in graduate courses are expected to complete course activities and requirements as specified in course materials. All assignments are expected to be submitted on time. If a student is unable to complete an assignment on time, the student must contact the course faculty prior to the due date and time of the assignment to request an extension. Late submissions and make-up work may only be granted in extreme and extenuating circumstances. Course faculty members have the discretion to approve or deny requests for late submissions; and if granted, will outline the terms and conditions for the acceptance of late assignments.

**Course Specific Attendance/Make up Policies:**

Students are strongly encouraged to inform faculty ahead of time when possible that work will be submitted late. Faculty will work with students to be successful in the course whenever possible.

**HIPAA Compliance and Patient Confidentiality**

Client information must be kept in strictest confidence. Students may never use a patient's real name in oral or written assignments and/or course communication in any Capstone College of Nursing (CCN) course. Instead, students are to use initials only, and these initials should not be consistent with the patient's real identity. In addition, all identifiable patient information used for the completion of assignments must be shredded or disposed of in a safe and confidential manner. Failure to comply with these confidentiality obligations may result in disciplinary action towards the student and/or the termination of educational affiliation between the student and CCN.

**Course Netiquette**

Netiquette enables students to be professional while communicating with faculty and with other students. To comply with course expectations, it is important to consider the following values during online discussions and when emailing faculty and fellow students:

- **Timeliness:** Monitor course activity and respond to communications from your classmates and faculty in a timely manner.
- **Confidentiality:** When discussing topics, be sure to be discreet on how you discuss children, teachers, patients, and aides in the classroom. Do not use names of people or names of facilities.
- **Formatting:** As a general rule, please do not use all caps in your emails or discussions, as it is considered unprofessional and is hard to read. Also, please use standard capitalization and punctuation in all course communications, and sign your name on all emails.
- **Value:** Recognize and value the experiences, abilities, and knowledge each person brings to class. Value the diversity of the class.
- **Language tone:** The absence of face-to-face interaction increases the likelihood of misinterpretation. Avoid using offensive language, excessive exclamation points, all caps, humor and sarcasm, acronyms, emoticons, and slang.
- **Respect:** Each student’s viewpoint is valued as an opinion. When responding to a person during online discussions, be sure to state an opposing opinion in a diplomatic way. Disagree with ideas,
but do not make personal attacks. Be careful what you write because you cannot use body language or tone of voice when trying to convey ideas, intent, or thoughts.

- **Brevity**: Be concise when contributing to a discussion. Online courses require a lot of reading; therefore, your points may be missed if hidden in a flood of text.
- **Read and proofread**: Read all discussions before you post a comment, so you do not repeat information. Proofread and spell check all messages before you send them.

## System Requirements

This course requires a high-speed Internet connection and may require any of the following free multimedia **plug-ins**:

- Adobe Reader
- Flash Player
- PowerPoint Viewer
- QuickTime, RealPlayer, or Windows Media Player
- Silverlight

You must have speakers installed and working properly on your computer before beginning the course.

For the Graduate nursing program, you will need to verify that your computer and other technology equipment and/or services meet the requirements outlined on the [Computer and Technology Requirements](#) document. You will need access to Microsoft Word, PowerPoint, and/or Excel to complete assignments. If you do not have access to the Microsoft Office applications, you may download the [Open Office Freeware](#), an open productivity suite. You will be able to complete your assignments using this freeware, and save your files with Microsoft Office file extensions.

## Minimum Student Technical Skills

Participation in an online course requires some basic knowledge of computer technology. You should be able to:

- Navigate and use Blackboard Learn (see Blackboard Learn Tutorials if you need assistance).
- Understand basic computer usage, including keyboard, mouse, CD drive, USB port, and printer.
- Access the Internet via DSL, cable modem, Wifi, or a network interface.
- Use the computer operating system (Windows/Mac OS) to:
  1. Create folders.
  2. Find, copy, move, rename, and delete files.
  3. Launch, run, and switch between software applications.
- Consult with Microsoft Office to:
  1. Create, format, edit, spell check, save, print, and retrieve a document.
  2. Cut, copy, and paste information within and between documents.
  3. Save a word processing document in text (.doc, .docx, or rtf format).
  4. Receive assistance, if needed, by visiting: Microsoft Office for Windows Support or Microsoft
Office for Mac support web sites if you need assistance.

- Use a web browser to:
  1. Open, print, and/or save web pages to a local or removable storage drive.
  2. Open and save PDF files.
  3. Create, maintain, and manage a list of web pages (Favorites/Bookmarks).
  4. Use a search engine's basic features to find information on the web.
- Download and install programs from remote servers.
- Use email to:
  1. Send, receive, store, and retrieve messages.
  2. Send, receive, and open file attachments.

Technical Support

To obtain assistance with technical issues (removing pop-up blockers, opening pages or quizzes, etc.) or if you are unable to see the course content or have other questions regarding the course itself, please visit the College of Continuing Studies Online Course Technical Support Site to submit a request, or call 205-348-9157 (Toll Free: 1-866-205-1011) during their regular business hours.

Capstone College of Nursing Policies

All CCN students are required to follow the policies and procedures presented in the CCN Graduate Student Handbook.

Faculty reserve the right to make course changes during the active semester, including facilities, teaching strategies, texts, and topical outline. Any other changes must be approved by the Assistant Dean, Undergraduate Programs, Senior Associate Dean or Dean. Students will be notified in writing or via email when such changes are necessitated.

History of the Capstone Creed

The creed was created by the Student Leaders Council. In the spring of 2000, a discussion of campus culture among student leaders led to an effort to identify the core values that sustain us as members of the University community. The Student Leaders Council recognized that the Capstone experience is not limited to our formal affiliation with the University during enrollment and that the University community does not end at the geographic boundaries of campus. As members of the Capstone community, there is a common thread throughout us all, and the Student Leaders Council has endeavored to make those core values manifest through the implementation of a campus-wide creed with which all Capstone stakeholders can identify.
Severe Weather Guidelines

The guiding principle at The University of Alabama is to promote the personal safety of our students, faculty and staff during severe weather events. It is impossible to develop policies which anticipate every weather-related emergency. These guidelines are intended to provide additional assistance for responding to severe weather on campus.

UA is a residential campus with many students living on or near campus. In general classes will remain in session until the National Weather Service issues safety warnings for the city of Tuscaloosa. Clearly, some students and faculty commute from adjacent counties. These counties may experience weather related problems not encountered in Tuscaloosa. Individuals should follow the advice of the National Weather Service for that area taking the necessary precautions to ensure personal safety. Whenever the National Weather Service and the Emergency Management Agency issue a warning, people in the path of the storm (tornado or severe thunderstorm) should take immediate life saving actions.

When West Alabama is under a severe weather advisory, conditions can change rapidly. It is imperative to get to where you can receive information from the National Weather Service and to follow the instructions provided. Personal safety should dictate the actions that faculty, staff and students take.

The Office of University Relations will disseminate the latest information regarding conditions on campus in the following ways:

- Weather advisory posted on the UA homepage
- Weather advisory sent out through UA Alerts to faculty, staff and students
- Weather advisory broadcast over WVUA at 90.7 FM
- Weather advisory broadcast over Alabama Public Radio (WUAL) at 91.5 FM
- Weather advisory broadcast over WVUA-TV/WUOA-TV, and on the website at http://wvuatv.com/content/weather. WVUA-TV Home Team Weather provides a free service you can subscribe to which allows you to receive weather warnings for Tuscaloosa via e-mail or cell phone. Check http://wvuatv.com/content/free-email-weather-alerts for more details and to sign up for weather alerts.

In the case of a tornado warning (tornado has been sighted or detected by radar; sirens activated), all university activities are automatically suspended, including all classes and laboratories. If you are in a building, please move immediately to the lowest level and toward the center of the building away from windows (interior classrooms, offices, or corridors) and remain there until the tornado warning has expired. Classes in session when the tornado warning is issued can resume immediately after the warning has expired at the discretion of the instructor. Classes that have not yet begun will resume 30 minutes after the tornado warning has expired provided at least half of the class period remains.

Disability Statement
If you are registered with the Office of Disability Services, please make an appointment with me as soon as possible to discuss any course accommodations that may be necessary.

If you have a disability, but have not contacted the Office of Disability Services, please call (205) 348-4285 (Voice) or (205) 348-3081 (TTY) or visit 133-B Martha Parham Hall East to register for services. Students who may need course adaptations because of a disability are welcome to make an appointment to see me during office hours. Students with disabilities must be registered with the Office of Disability Services, 133-B Martha Parham Hall East, before receiving academic adjustments.

**Policy on Academic Misconduct**

All students in attendance at The University of Alabama are expected to be honorable and to observe standards of conduct appropriate to a community of scholars. The University of Alabama expects from its students a higher standard of conduct than the minimum required to avoid discipline. At the beginning of each semester and on examinations and projects, the professor, department, or division may require that each student sign the following Academic Honor Pledge: “I promise or affirm that I will not at any time be involved with cheating, plagiarism, fabrication, or misrepresentation while enrolled as a student at The University of Alabama. I have read the Academic Honor Code, which explains disciplinary procedure resulting from the aforementioned. I understand that violation of this code will result in penalties as severe as indefinite suspension from the University.”

See the [Code of Student Conduct](#) for more information.