



SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY

(DEEMED TO BE UNIVERSITY)

Accredited A++ Grade by NAAC | 12B Status by UGC | Approved by AICTE

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Sathyabama College of Nursing

1.2.2- Number of programmes in which Choice Based Credit system (CBCS)/Elective course system has been implemented during the year 2023- 2024

CONTENTS

S. No.	Course Code	Course Name	Page No.
Employability			
1.	SNSB14101	Diabetes Care	2

DIABETES CARE

PLACEMENT: III & IV SEMESTER

COURSE CODE: SNSB1401

THEORY: 1 Credit (20 hours)

DESCRIPTION: This module is designed to help students to develop knowledge, skill and attitude regarding Diabetes and care.

LEARNING OUTCOMES:

On completion of the module, the student will be able to

1. Understand the concept of NCDs and relevant national programs.
2. Review the pathophysiology and clinical diagnostic criteria for diabetes.
3. Analyze the diabetes treatment options such as medication, diet, exercise and life style modifications.
4. Apply the principles and demonstrate self-management skills to achieve diabetes control .
5. Identify onset of complications and provide means of seeking appropriate and timely help.
6. Demonstrate understanding of recent updates in diabetes.

CONTENT OUTLINE

I	2	Explain the concept of NCDs and national NCD programs	Introduction • Introduction to Diabetes as Non communicable disease burden - global & national - Review • Diabetes risk factors, preventive measures & risk reduction measures • Role of nurse in national programs relevant to Diabetes prevention, control and care	• Lecture cum discussion • Directed reading and assignments	• Quiz
II	4	Recall and discuss the pathophysiology of Diabetes, its clinical characteristics and diagnostic criteria	Pathophysiology and diagnosis of Diabetes • Review - structure & functions involved in key organs relating to diabetes (pancreas, liver, muscle, adipose tissue & kidney) • Relationship between blood glucose and insulin • Prediabetes condition • Types of Diabetes - Type I & II • Screening • Symptoms • Diagnostic Criteria	• Review • Case scenario and discussion • Sharing in groups	• Evaluation of group work report

III	4	Discuss the available treatment options	Diabetes treatment options • Life style modifications • Diet therapy • Exercise • Medical therapy ◦ Oral antidiabetic agents used to treat diabetes	• Drug study • Written assignments	• Quiz • Test paper • Evaluation of written assignments
			◦ Combination treatment regimen ◦ Medication considerations in elderly ◦ Insulin therapy - Types, regimen, preparation and administration ◦ Recent advances in medication therapy		
IV	3	Identify complications and provide timely support in management of complications	Complications of diabetes Diagnosis and management of • Hypoglycemia • Hyperglycemia • Diabetic ketoacidosis • Macrovascular complications • Diabetic retinopathy • Diabetic nephropathy • Neuropathy • Gestational diabetes in pregnancy	• Lecture cum discussion • Case study	• Short answers • Essay • Case study reports
V	5	Identify the challenges of living with diabetes Achieve effective self-management skills	Self-Management • Challenges of living with diabetes • Role of self-care in diabetes management • Effective self-management skills to attain and maintain diabetes control • Monitoring blood glucose levels -methods to monitor diabetes control and analysis of blood glucose patterns Nutrition therapy • Nutritional needs of	• Lecture cum discussion • Demonstration • Practice • Meal planning	• Short answers • OSCE • Assessment of meal plan

			patients with diabetes • Nutritional assessment • Determination of body mass index (BMI), waist-to-hip ratio • Meal planning methods • Problems associated with diet therapy Physical activity • Role of exercise in diabetes management • Components of exercise prescription • Exercise needs assessment • Types of exercises • Benefits of yoga for people with diabetes • Strategies to prevent hypoglycemia during or after exercise Medication therapy	• Role play	
			• Understanding action, side effects and contraindications • Insulin therapy - preparation and administration • Role of diabetes educator in education and counseling Complication identification and seeking appropriate help		
VI	2	Update the knowledge on diabetes, its management and care Discuss the role of diabetes educator Identify the role of complementary therapies	Recent updates in diabetes • Oral health and diabetes • Managing diabetes during disasters • Recent update on treatment and care modalities • Role of diabetes educator in diabetes care, education, counseling and management • Complementary therapies	• Lecture cum discussion • Directed reading	• MCQ • Short answers

ASSESSMENT METHODS:

- Test paper (Objective test, Short answers and case scenario and questions) - 30 marks
- Assignments - 10 marks
- Assessment of skills (Meal planning) - 10 marks

LEARNING RESOURCES:

- Facilitator manual for training nursing staff on “**Prevention and Management of Non-Communicable Diseases**” developed by People to People Health Foundation (PPHF), 2019

