

# FlexIT

## FLEXIBLE INSULIN THERAPY

### 2025 HEALTH PROFESSIONAL FACE-TO-FACE TRAINING PROGRAM

This program is suitable for Credentialed Diabetes Educators and Dietitians who work with people with type 1 diabetes

**Date:** Wednesday 6 - Thursday 7 August  
Friday 8th August 2025 (Optional Day 3 to be an accredited FlexIT group facilitator).

**Time:** 9:00am - 4.30pm AEST

#### Cost

2-day program \$590 includes GST.

3-day program \$750 includes GST.

\*Day 3 only \$195 includes GST.

(\*Please note: to attend Day 3 only, attendees must have previously completed Day 1 and Day 2 of the FlexIT program in 2022)

#### Overview

**This program will be delivered face-to-face at our offices in Prahran.**

The FlexIT program and principles reflect practice for the management of type 1 diabetes and are readily utilised by experienced clinicians at the Baker Institute. The interactive two-day program will focus on teaching flexible insulin therapy principles for use with clients in individual consultations.

The optional third day of this program will focus on providing the skills and teaching resources to become an accredited FlexIT group program facilitator, and obtain a licence to deliver the Baker FlexIT group in your setting.

The accredited FlexIT program will incur an annual licence fee of \$150 which is complementary for the first year.

#### Topics will include:

- How to calculate, use and adjust:
  - Insulin to carbohydrate
  - ratio Insulin sensitivity factor in relation to diet, exercise and blood glucose levels (BGL)
  - Advanced carbohydrate counting including use of current Apps and resources
- Identification and management of patterns of hypoglycaemia and hyperglycaemia
- Case study analysis of example FlexIT BGL and food diaries

Diabetes Educators are eligible to claim 14 CPD points towards ADEA credentialling for attending this program .

**To register, please visit:**

<https://baker.edu.au/health-hub/education-services/health-professionals-training>

## Allied Health and Education Service

Our multi-disciplinary team includes credentialed diabetes nurse educators, accredited practicing dietitians and accredited exercise physiologists.

Our highly skilled presenters aim to make all learning experiences interactive, practical and relevant to assist you to provide better care for people with diabetes.

This program will be delivered face-to-face in our offices in Melbourne.



This image is courtesy of Zoom Video Communication

**For APDs: This program can be considered for up to 5 professional development hours per day for Day 1 and Day 2, provided it is relevant to your DA learning goals.**

Baker Heart and Diabetes Institute does not make any warranty or representation express or implied in relation to:

- An individual's suitability to participate in the FlexIT training program;
- An individual's suitability to deliver the FlexIT program in their health service; or
- Any participant satisfaction with the FlexIT program.

It is a matter for the individual's employer to determine whether or not to implement the FlexIT program in their health service and to ensure that the personnel providing the program at their health service have the necessary skills and expertise.

## Further information

For further information regarding our training programs for health professionals, contact:

Allied Health and Education Service

**E** [hptraining@baker.edu.au](mailto:hptraining@baker.edu.au)

**T** (03) 8532 1800

**W** <https://baker.edu.au/health-hub/education-services/health-professionals-training>



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