

FlexIT Online

FLEXIBLE INSULIN THERAPY

2024 HEALTH PROFESSIONAL ONLINE TRAINING PROGRAM

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

Date: Monday 12 - Tuesday 13 August 2024
Wednesday 14 August 2024 (Optional Day 3 to be an accredited FlexIT group facilitator).

Time: 10:00am - 4.30pm AEST ONLINE

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 online via Zoom conferencing.

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>

