

MEDI 7041 DIABETES SELF-MANAGEMENT SUPPORT 1: INDIVIDUALS

Credit Points 10

Legacy Code 401285

Coordinator Therese Fletcher ([https://directory.westernsydney.edu.au/search/name/Therese Fletcher/](https://directory.westernsydney.edu.au/search/name/Therese%20Fletcher/))

Description Supporting individuals to self-manage their diabetes is the central element of advanced diabetes practice. Underpinned by the empowerment approach, students undertaking this unit will learn the necessary knowledge and skills in educating people with diabetes how to best manage their condition and support behaviours and emotional wellbeing that achieves person centred goals. Drawing on educational, psychological, social and behavioural theories students will learn practical skills in communication, psychological assessment, goal setting and problem-solving that will promote self-care for people with prediabetes and diabetes. This unit is only offered in Spring Session.

School Medicine

Discipline General Medicine

Student Contribution Band HECS Band 3 10cp

Level Postgraduate Coursework Level 7 subject

Restrictions

Students must be enrolled in the a postgraduate program with evidence of 12 month clinically relevant practice or substantial experience in working with people with diabetes.

Learning Outcomes

On successful completion of this subject, students should be able to:

1. Establish an empowerment and person-centred approach in supporting and educating a person with diabetes to optimally self-manage their condition and partner with health professionals involved with their health care.
2. Apply interpersonal communications strategies to develop a trusting rapport and assess a person's value

Subject Content

1. Empowerment and Person-Centred Care.
2. Therapeutic relationship
3. Advanced communication and psychosocial assessment
4. Educating people with diabetes in self care
5. Promoting, supporting and sustaining person centred healthy behaviours
6. Psychosocial issues in diabetes education and care
7. Mental health co-morbidities

Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

Item	Length	Percent	Threshold	Individual/Group Task
Participation	Four Tutorials - 90 minutes	20	N	Individual
Quiz	30 minutes	10	N	Individual
Interview	15 minutes	15	N	Individual
Reflection	500 words	15	N	Individual
Case Study	2,000 words	40	N	Individual

Prescribed Texts

- Current: Hendrieckx, C., Halliday, J., Beeney, L., & Speight, J. (2016). Diabetes and emotional health: A handbook for health professionals supporting adults with type 1 or type 2 diabetes.

Teaching Periods

Spring

Online

Online

Subject Contact Therese Fletcher ([https://directory.westernsydney.edu.au/search/name/Therese Fletcher/](https://directory.westernsydney.edu.au/search/name/Therese%20Fletcher/))

View timetable (https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=MEDI7041_22-SPR_ON_O#subjects)