

# 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 subject 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 subject 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.

| Type          | 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., Beene, 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 (2022)

#### Online

#### Online

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View timetable ([https://classregistration.westernsydney.edu.au/even/timetable/?subject\\_code=MEDI7041\\_22-SPR\\_ON\\_0#subjects](https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=MEDI7041_22-SPR_ON_0#subjects))

### Spring (2023)

#### Online

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