



ISPAD/CCP/CARES Paediatric Diabetes Training Course *held in collaboration with IDF-NAC region*

Theme: “Managing Children with Diabetes from Theory to Everyday Practice.”

October 1- 2, 2011

Bay Gardens Hotel, Castries, St Lucia

This the 2nd Course that ISPAD has conducted in the Caribbean, the first was held in Conjunction with the Caribbean Endocrine Society (CARES) in March 2010.

Program Description

This course is for physicians and members of the diabetes management team who want to acquire or improve their knowledge on Type 1 and 2 Diabetes Mellitus in children, adolescents and young adults.

Participants will have the chance to exchange ideas and opinions directly with Professors and Professionals from International and Caribbean Universities and Institutions.

Program Objectives

By the end of the course, the participants will be able to:

- Effectively manage children with diabetes in the local environment and utilize to the best capacity the available technology.
- Describe the epidemiology of obesity, type 1 and type 2 diabetes in the Caribbean Region
- State and interpret the tests that can be used in the diagnosis of each form of diabetes in children, adolescents and young adults
- State the standards of care of the Management of type 1 and type 2 diabetes in children, adolescents and young adults
- Update their knowledge about the treatment of type 1 and type 2 diabetes mellitus including basic concepts in nutritional management, insulin regimens
- Manage the hospitalized child, adolescent or young adult patient with type 1 or 2 diabetes mellitus
- Recognize the role of each member of the health team (Diabetes Educator, Nutritionist, Psychologist, kinesiologist) in the management of type 1 and type 2 diabetes in children, adolescents and young adults
- Describe the psychosocial impact of diabetes on the patient and family and how this might affect patient management
- Discuss strategies for promoting sustainable behavior change in children, adolescents and young adults with type 1 and type 2 diabetes mellitus.

Accreditation Statement

CME from CCFP 12.25 hrs

DAY 1 – Saturday October 1 2011

08.00 am Registration

09.00 -09.15 am Welcome

International Society for Paediatric and Adolescent Diabetes (**ISPAD**) : Johnny Ludvigsson - President
Caribbean College of Paediatricians(**CCP**): Jacqueline Bird- President-
Caribbean Endocrine Society(**CARES**) : Carlisle Goddard-Immediate Past President
North American and Caribbean Region – International Diabetes Federation (**NACR IDF**) Lurline Less- Chairman

Symposium

Epidemiology, Diagnostic, Clinical and Laboratory Criteria of Diabetes Mellitus

Chair: *Dr Matthew Antoine*

9:15 – 10:00 am: The Epidemiology, Diagnosis and Classification of Diabetes in children, adolescents and young adults: The Caribbean Perspective- **Dr Carlisle Goddard**

10.00-10:15am Challenges in Managing Diabetic Youth in Barbados – *Dr Michele Lashley*

10:15-10:30am Challenges in Managing Diabetic Youth in St Lucia – *Dr Martin Plummer*

10:30 – 11:00

Coffee Break

Symposium

Treatment of Diabetes Mellitus

Chair: *Dr Michele Lashley*

11:00-11.30am Diabetes Education: the importance of self monitoring, new methods and approaches-
Professor Johnny Ludvigsson

11.30-12.00am The patient with DM: His/her family and environment:
How to lessen the impact of the diagnosis.-*Dr Leslie Gabay*

12.00-12.30am Can the risk of diabetes complications be reduced? - *Professor Johnny Ludvigsson*

12:30-1:30 pm

Lunch

Symposium

Pediatric Obesity and Type 2 Diabetes Mellitus; Diagnosis and Treatment

Chair: *Dr Martin Plummer*

1:30-2:00 pm New Frontiers on Obesity: Epigenetic, Gut Flora and Gut Hormones- *Dr Toree Malasanos*

2:00-2:30 pm: Therapeutic Strategies for the management of obesity in the child , adolescent and young adult . A Diabetes Educator's View - *Ms Shannon Lyles*

2:30-3:00 pm: Pediatric Type 2 Diabetes Mellitus: Evaluation, treatment and prognosis: *Dr Larry Deeb*

Meet The Experts Workshops

3:00pm Workshops (concurrent for 30 minutes and then the small groups switch over –)

- Outpatient Insulin therapy in the patient with diabetes / Intensive insulin treatment – ***Professor Johnny Ludvigsson***
- Outpatient Insulin Therapy/ therapeutic options in settings where insulin analogues and glucose monitoring is limited: ***Dr Larry Deeb***
- Insulin Availability in the Caribbean - Life for a Child Programme – ***Mrs Lurline Less***

4:30 -5:00 pm Coffee Break

Symposium

The Diabetes Management Team

Chair: *Dr Ranita Jaroo*

5:00-5:30pm The practical work in a diabetes team approach – ***Dr Jacqueline Bird***

5.30- 6:00pm: The Diabetes management team : Roles in Hospital and out patient management – ***Dr Marshall Tulloch-Reid***

DAY 2- Sunday October 2, 2010

Symposium:

The Hospitalized Patient with Diabetes

Chair: *Mrs Lurline Less*

9:00- 9:30 am : Pathophysiology of acute complications of diabetes – Hypoglycemia, HHS and DKA: :
Dr Marshall Tulloch-Reid

9:30- 10:00 am : Approaches to the management of Diabetic Ketoacidosis – ***Dr Toree Malasanos***

10:00-10:30 am : Sick days and The surgical patient with diabetes mellitus - ***Dr Virenda Singh***

10:30 -11:00 am

Coffee Break

Symposium:

Nutritional Management of Diabetes Mellitus

Chair: *Dr Virenda Singh*

11:00-11:30am General concepts of the diet for the patient with diabetes mellitus-***Local Nutritionist***

11:30-12:00am Carbohydrate counting in patients with diabetes mellitus:- ***Ms Shannon Lyles***

12:00-12:30am Weight management strategies in the patient with type 2 diabetes mellitus- ***Dr Leslie Gabay***

12:30- 1:30 LUNCH

Symposium: New Management Strategies

Chair: Dr Carlisle Goddard

1:30- 2:00 pm : Use of the telephone and internet to manage and adjust insulin in the patient with Type 2 Diabetes- **Dr Virenda Singh**

2:00-2:30 pm: What Lies in the future for the optimal management of youth with Diabetes? –
Professor Johnny Ludvigsson

2:30pm Workshop (Roundtable Discussion)

Psychosocial Challenges for Youth with Diabetes

Chair:Dr Lauren Miguel (moderator)

2:30-2:45 pm The Impact of Diabetes in Jamaican Youth- **Dr Moji Anderson**

2:45-3:30pm : Living with Diabetes - TheYouth perspective-

3:30 -3:45 pm **Coffee Break**

Chair:Dr Marshall Tulloch-Reid(moderator)

3:45- 4:15pm Discussion Points and Feedback on workshop- Team

4:15 pm Closing Ceremony - **Dr Jacqueline Bird**