



## **@YOURSIDE COLLEAGUE® Diabetes**

@YourSide Colleague® Diabetes is an innovative web-based solution created by certified diabetes educators to provide interactive knowledge development opportunities for health care providers at their own convenience.

### **Key Features**

- Comprehensive learning information updated by certified diabetes educators
- Final knowledge tests that are submitted to education coaches for review
- Practice quizzes to test knowledge along the way
- Information on current diabetes developments
- Library of diabetes education materials, articles and resources
- A collection of tools and templates to use during care
- Exchange area that connects health care providers to share their experiences
- Message centre, which includes direct email access to coaches and colleagues
- Personal information centre to track certifications and goals
- Access to online resources on diabetes

### **Topics**

*General Information* – includes an overall introduction to diabetes

*Healthy Eating* – includes an overview of healthy eating guidelines for clients with diabetes

*Medication* – includes information on the different diabetes pills, how they work, potential side effects and client teaching; includes descriptions of the various types of insulin, recommended schedules and dosages, as well as instructions on how insulin is taken

*Exercise* – includes information on the benefits of exercise and provides exercise tips to give clients with diabetes

*Glycaemic Control* – provides an overview on glycaemic control including the importance of blood glucose monitoring and the effects of illness; includes descriptions of hypoglycaemia, hyperglycaemia, ketoacidosis and glucagon

*Psychosocial Support* – includes information on how to help clients with diabetes to manage stress and find support

*Preventing and Treating Complications* – provides an overview on the various complications that can occur in clients with diabetes and how to prevent them

*Putting it All Together* – provides an overview on assessment, diagnosis, goals, interventions and evaluation for clients with diabetes