

Cleveland State University



Diabetes Education Course

May 15, 22 & 29, 2014

Do your patients/clients understand and effectively apply diabetes self-management skills? How well are you managing hospitalized patients? Enhance your patient teaching and management strategies, and optimize patient outcomes with this professional development course. The three full day sessions will provide you with a thorough review of current diabetes theory, state-of-the-art management, and specific adult education concepts. Whether you conduct individual or group diabetes education, you'll learn to apply pathophysiological, psychosocial, and educational principles to improve your patients' acquisition of skills and knowledge. Designed for health practitioners without specific diabetes skills or training within the last five years, this comprehensive course also serves as a beneficial review for certified diabetes educators (CDE) and preparation for those considering certification.

Key Topics Covered

- Classifications and diagnostic criteria
- Pathophysiology of diabetes
- Nutritional recommendations
- Role of exercise
- Pharmacologic interventions
- Insulin delivery systems
- Self-monitoring of blood glucose
- Diabetes management in the hospital
- Emergency situations
- Chronic complications
- Assessment, teaching/learning principles
- Current research

Dates: **May 15, 22 & 29, 2014**
Day/time: Thursdays, 8:45 am-4:00 pm
Location: CSU Main Campus, Julka Hall, 2485 Euclid Ave. Room 235
Instructors: Susan Cotey, RN, CDE and Judy Zangmeister, RD, LD, CDE
Tuition: \$499 (includes materials & lunch)
Contact Hours: **18 Contact Hours awarded to RNs***

This program has been approved by the **Commission on Dietetic Registration for 18 CPEUs**

**Cleveland State University, School of Nursing (OH-012, 5/1/2015) is an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.*

For more information or to register, visit www.csuohio.edu/nursing/ce
or email cenursing@csuohio.edu.

About the Diabetes Education Instructors

Susan Cotey, RN, CDE

Susan Cotey is the coordinator for the Lennon Diabetes Center at the Cleveland Clinic Stephanie Tubbs Jones Health Center. She has developed and implemented an internationally recognized comprehensive diabetes self-management program which focuses on “Personal Quality Improvement” and lifestyle changes. Susan also developed a hospital-based Diabetes Nurse Champion Program. The programs earned the Cleveland Clinic Health System Eastern Region Presidents Award for Clinical Quality. She also received the “Nurse of Excellence Award”.

Susan was nominated for the “Northern Ohio Live” 2002 Awards of Achievement”; in the category of health and medicine. In 2003 Susan received the “Distinguished Women in Healthcare Award” from the Visiting Nurse Association under the category of patient care and in 2008, she was nominated for the Health Care Worker of the Year Award given by the Ohio Hospital Association. In March of 2009 Susan was a presenter in Berlin, Germany at the International Forum on Quality and Safety in Healthcare, addressing the topic of Patient Engagement. In 2011 Susan received the American Diabetes Association’s Circle of Hospitals Award and was also featured in the Cleveland Clinic’s “Notable Nursing Journal.”

Judy M. Zangmeister, RD, LD, CDE

Judy received her bachelor of science in nutrition from Case Western Reserve University. After graduation she became a clinical dietitian at Doctors Hospital in Columbus, Ohio where she specialized in diabetes, renal and oncology nutrition. She was Chairman of the Clinical Section of the Columbus Dietetic Administrative Council and was instrumental in the development of the Manual of Clinical Dietetics used in all hospitals in the Columbus area.

Judy has been a Certified Diabetes Educator for over twenty years and currently works as the Nutrition and Diabetes Educator at the Richard E. Jacobs Family Health Center in Avon in the Departments of Family and Internal Medicine with the Cleveland Clinic Institute of Medicine. Prior to her current position, she was the Practice Manager and Nutrition and Diabetes Educator for the Family Medicine Center which was part of Fairview Hospital and the Cleveland Clinic Health System.

In 2002 she was recognized for outstanding service and dedication as a commended volunteer for the Diabetes Association of Greater Cleveland. She is a member and past President of the Northeastern Ohio Chapter of the American Association of Diabetes Educators (NEO-AADE) and member of the American Association of Diabetes Educators (AADE). In 2008 she received the NEO-AADE Chapter Member of the Year award for her exemplary service in the field of diabetes.

You must attend a minimum of 80% of the program and complete an evaluation form to receive contact hours. Instructors and planners have declared no conflicts of interest pertaining to this activity and no commercial support or sponsorship has been provided for this program.

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or email cenursing@csuohio.edu.