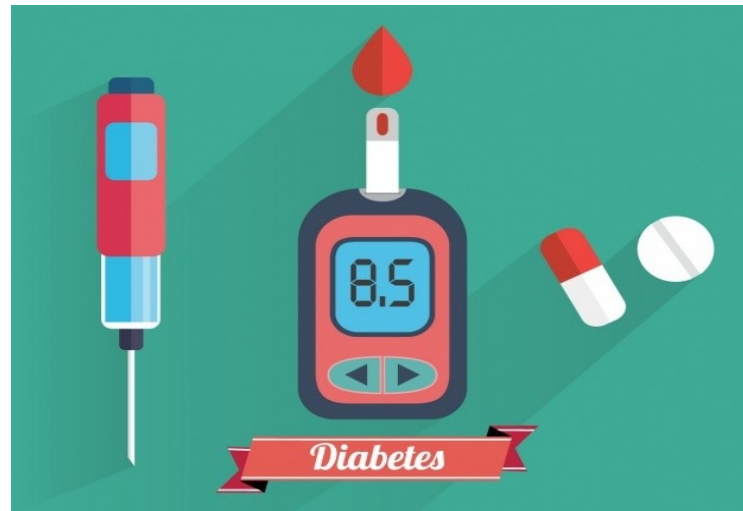




## Diabetes Awareness

**1 in 15 people in the UK have diabetes, including one million people who have Type 2, but haven't been diagnosed.**



Training with Hart's diabetes awareness explores the different types of diabetes and the risk factors attached. With a look at the history and current statistics this course gives a very in-depth learning curve on this condition. This course looks at the common symptoms of diabetes and the possible short- and long-term complications associated with them, plus the impact diabetes can have on life and general wellbeing as well as a view of the treatments of diabetes and how to manage it. By being a part of this training, staff will have an in-depth knowledge of diabetes and be confident and able to help and support anyone with this condition.

Course Duration: **Half Day**

### Course Content:

- What is diabetes
- Background and statistics
- Types of Diabetes
- What causes diabetes's
- Common symptoms
- Blood sugar and HBA1C
- Short and long terms effects of diabetes
- Diabetes treatments
- Impact of diabetes on day-to-day life
- Managing diabetes.