

# Aboriginal Health & Wellbeing Series Invitation

**phn**  
WESTERN NSW

**marathon**  
**health**  
Better healthcare, closer to home

An Australian Government Initiative

## Dates & Topics

Session 1: **5 April 2023**

Session 2: **3 May 2023**

Session 3: **7 June 2023**

## Time

**10:25am login for a  
10:30am start to 11:30am** AEST

## Target audience

**Aboriginal & Torres Strait Islander  
Health Workers and Practitioners**

## Contact

**Erica Gilbert**

Email: [erica.gilbert@wnswphn.org.au](mailto:erica.gilbert@wnswphn.org.au)

Mobile: 0428 311 887

## Format



Virtual

Microsoft Teams Meeting

## Event notes:

- Places are limited
- It is recommended that participants **attend all three sessions** to gain the best learning experience, as key points will be carried forward from each session
- Q&A time may be extended if people want to stay online to ask Alison further questions
- Participants will be provided with a 'Session Snapshot'. This resource will capture the key discussion points/reference links etc. for each meeting
- This event will NOT be recorded

## Terms & Conditions

- A minimum of 75% of the webinar must be completed to receive an event certificate of attendance
- Email name, role, workplace and mobile number details of all attendees viewing webinar on the same device
- Complete and submit an evaluation for reporting and quality improvement purposes
- Please ensure this event suits your level of interest, experience and qualifications

# Supporting Our Mob Living with Diabetes

## Presented by:

**Alison Amor**

*Team Lead – Chronic Disease & Prevention and  
Credentialed Diabetes Educator, Marathon Health*

*Diabetes is the fastest growing chronic condition in the world, with type 2 diabetes now considered an epidemic. Aboriginal and Torres Strait Islander people are more than three times more likely to have diabetes than non-Indigenous people. This three-part interactive and informal virtual discussion series for all Aboriginal and Torres Strait Islander Health Professionals has been developed to help build confidence, knowledge and skill to better support community members living with or at risk of developing Type 2 diabetes.*

## Program

**10:25am** Login

**10:30am** Welcome, Acknowledgement of Country & Introduction

**10:35am** Education session

**11:10am** Case study (*introduced in Session 1 & referred to along the way*)

**11:20am** Interactive Q&A

**11:30am** Evaluation and Close

## Learning Outcomes

### Session 1 | Yarn about Type 2 Diabetes

- Understand the differences between Type 1 and Type 2 diabetes
- List the risk factors that contribute to developing Type 2 diabetes
- List the factors that impact on blood glucose levels

### Session 2 | Medication & Insulin

- Understand where and how glucose lowering medication work in the body
- List medications that carry a risk for hypoglycaemia
- List the steps for appropriate hypoglycaemia management

### Session 3 | Sick days

- Understand the importance of having a Sick Day Plan
- List the important elements to be included in a Sick Day Plan
- Advise clients where to seek help to develop a Sick Day Plan

**REGISTER NOW** [CLICK HERE](#)

Or scan this QR code

