

PHYSICAL ACTIVITY AND DIABETES



AIM:

This topic explores the **physical activity guidelines** to empower health and social care staff to support people living with all types of diabetes **to be more active**. Depending on level, it focuses on:

- ✓ Being aware of the **benefits of physical activity**, as well as considerations for people living with diabetes when being active.
- ✓ Being able to **safely support** people with diabetes to become **more physically active**.
- ✓ Being competent in advising people living with diabetes on **glucose monitoring**, and adjusting their **diet** and **diabetes medication**.
- ✓ Being able to give **expert advice** around **sport** and **nutrition** to allow athletes living with diabetes to perform to the best of their potential.

DURATION:

 The topic will take roughly **20–90 minutes to complete**.

The completed topic will generate :

- a **certificate**
- **reflection form** for *revalidation* and *appraisals*



Start the Physical Activity and Diabetes topic today!

- **Sign in to CDEP or**
- **See if the topic has been added to your Trust's LMS or ESR.**



For more information, pls email us on info@cdep.org.uk

