MESN Trending Topic
Prediabetes

If your medical staff will see patients at risk for diabetes, consider contacting our office to book a speaker on this topic at 877-505-4777 or info@speakersnetwork.com

What is the problem (C2)?

Diabetes is one of the most common chronic conditions in the United States. Prediabetes is characterized by having blood glucose levels that are higher than normal, but not high enough to be considered diabetic. Without lifestyle changes to improve their health, 15-30% of diagnosed prediabetic individuals are diagnosed with diabetes within 5 years. Risk factors for developing prediabetes and type 2 diabetes include age, especially after 45 years of age; being overweight or obese; a family history of diabetes; having an African American, Hispanic/Latino, American Indian, Asian American, or Pacific Islander racial or ethnic background; a history of diabetes while pregnant (gestational diabetes) or having given birth to a baby weighing nine pounds or more; and being physically active less than three times a week. The CDC states that approximately 84 million Americans are living with prediabetes, but nearly 90 percent don't know it. Doctors need to be aware that they should screen their patients for prediabetes and refer borderline patients to diabetes prevention programs.

How do we know this is a problem (C2)?

https://www.cdc.gov/diabetes/basics/prediabetes.html
https://medlineplus.gov/prediabetes.html
http://care.diabetesjournals.org/content/41/Supplement_1/S51

Why does this problem exist? (C2)

X Lack knowledge about the problem(s)
X Lack strategies to apply knowledge to practice (competence)

What do attendees need? (C2)

Participants need education on how to identify patients at risk for diabetes, and strategies for screening, testing and referring people at risk.

Learning Objectives (C3)
At the conclusion of this activity, the learners will be able to:
1. Define prediabetes
2. List risk factors and clinical signs in individuals at risk for type 2 diabetes, including age, ethnic background, history of gestational diabetes, being overweight or obese, low physical activity, and a family history of diabetes *(IMQ's CLC requirement)*
3. Identify interventions to modify risk factors in preventing type 2 diabetes
4. Develop a strategic management plan to proactively screen, assess, follow-up and evaluate patients with prediabetes

Educational Delivery Method (C5):
- ❑ Didactic lecture
- ❑ Question and answer session
- ❑ Case presentations

Rationale for Delivery Method (C5):
- ❑ Knowledge conveyed in a short time
- ❑ Application of knowledge to potential practice

Professional Competencies (C6):
☐ **Patient Care** - Provide care that is compassionate, appropriate and effective treatment for health problems and to promote health.

☐ **Medical Knowledge** - Demonstrate knowledge about established and evolving biomedical, clinical and cognate sciences and their application in patient care.

☐ **Interpersonal and Communication Skills** - Demonstrate skills that result in effective information exchange and teaming with patients, their families, and professional associates (e.g. fostering a therapeutic relationship that is ethically sound, uses effective listening skills with non-verbal and verbal communication; working as both a team member and at times as a leader).

SPEAKERS ARE AVAILABLE FOR ONLINE ACTIVITIES
Our speakers are available for web-based activities as well as in-person activities. Our speakers can also produce pre- and post-test questions if your organization requests for compliance with the AMA's assessment requirement for online activities.