



STATE LEVEL WORKSHOP "HEALTHY LIVING: OLDER ADULTS WITH DIABETES MELLITUS"



DEPARTMENTS OF MEDICAL NURSING, GERIATRICS, AND CNE & RESEARCH, COLLEGE OF NURSING, CMC, VELLORE

The international day of older adults is being celebrated all over the world on 1st October. The theme for this year is "Resilience of older person in a changing world". Resilience in chronic illness like Diabetes Mellitus (DM) has significant role in controlling the illness specially keeping the HbA1c levels under control. It's a great challenge for the health care personnel to care for the frail older adults, for whom physical activity, healthy diet, and medical treatment are to be individualized according to their cognitive status and co-morbidities. This workshop aims to sensitize and update the health care personnel on the recent trends in care of older adults with Diabetes Mellitus, digital devices use in self-monitoring of glucose levels and insulin therapy.

OBJECTIVES

This workshop will enable participants ability to

- Explain Diabetes Mellitus in older adults
- Illustrate the principles of medical management of Diabetes Mellitus in older adults.
- Monitor and prevent micro and macrovascular complications.
- Equip older adults to manage digital device use in Diabetes Mellitus.
- Educate older adults on lifestyle modifications specially on nutrition-food plate.
- Describe the importance of an exercise programme.



07.30-08.00 am: Registration

18.10.2023

08.00-08.15 am: Inauguration

08.15 - 08.30 am: Pretest

08.30-09.00 am: Overview of Diabetes Mellitus in older adults

- Dr. Gopinath.K, Professor & Head, Department of Geriatrics, CMC,Vellore.

09.00-09.30am: Drug therapy in Diabetes Mellitus - when to initiate Insulin in older adults

- Dr. Surekha.V, Professor, Department of Geriatrics, CMC,Vellore.

09.30 - 09.45 am: Break

09.45 - 10.15 am: Role of Nurses - management of Diabetes Mellitus in older adults

- Mrs. Bharathy. R, Professor, College of Nursing, CMC, Vellore.

10.15 - 10.45 am: Managing complications in older adults with Diabetes Mellitus

- Mrs. Mary Jancy Joy, Assistant Professor, College of Nursing, CMC, Vellore.

10.45 - 11.15 am: Case scenarios-group activity

- Mrs. Ilavarasi Jesudoss, Professor & Head, Department of Medical Surgical Nursing, College of Nursing, CMC, Vellore.

11.15 - 11.45 am: Healthy Lifestyle modifications

- Ms. Joy Kezia R, Chief Nursing Officer, Apollo Hospitals, Vanagaram, Chennai.

11.45 - 12.15 pm: "Walk a mile after a meal with smile" can the older adult with Diabetes Mellitus do?

- Dr. Sheelavathi. N, Principal, Shanmuga College of Nursing for Women, Sankari.

12.15 - 01.15 pm: Lunch

01.15- 4.15 pm: SKILL STATIONS

Skill Station I: Insulin therapy - Mrs. Theresa Gnanakumari G, Geriatric Nurse Educator, CMC, Vellore.

Skill Station II: Self-monitoring devices - Mrs. M.Thilagavathy, Charge Nurse, CMC, Vellore.

Skill Station III: Podiatric care - Mrs. Sunitha P, Charge Nurse, CMC, Vellore.

Skill Station IV: Food plate & healthy snacks in old age - Mrs. Selvarani Daniel, Charge Nurse, CMC, Vellore.

04.15 - 04.30 pm: Post Test and Valedictory

Venue : CNE Lecture Hall, College of Nursing, CMC, Vellore

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REGISTRATION FEE- (NON REFUNDABLE)

RS. 500/- (INCLUDING GST)

SCAN THE QR CODE FOR REGISTRATION

[HTTPS://FORMS.GLE/DNAJDRMTVMMHRHDX9LAST](https://forms.gle/DNAJDRMTVMMHRHDX9LAST)

DATE TO APPLY

OCTOBER 10 2023

Patrons

Dr. Vinitha Ravindran
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College of Nursing
CMC, Vellore.

Mrs. Alice Sony
Nursing Superintendent
CMC, Vellore.

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