



# Continuing Education

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[csuohio.edu/nursing/ce](http://csuohio.edu/nursing/ce)

## DIABETES EDUCATION PROGRAM

Enhance your patient teaching, management strategies, and patient outcomes with this professional development course. The four sessions will provide you with a **thorough review of current diabetes theory, state-of-the-art management, and specific adult education concepts.**

Whether you conduct individual or group diabetes education, you'll learn to apply pathophysiological, psychosocial, and educational principles to improve your patients' acquisition of skills and knowledge. Designed for health practitioners without specific diabetes skills or training within the last five years, this comprehensive course also serves as a beneficial review for those planning to take the Certified Diabetes Educators (CDE) exam.

### Key Topics Covered

- Classification and diagnostic criteria
- Pathophysiology of diabetes
- Emergency situations
- Role of exercise
- Pharmacologic interventions
- Insulin delivery systems
- Pattern management *new*
- Nutrition recommendations including Carb counting and Carb insulin ratios
- Monitoring diabetes
- Diabetes management in the hospital
- Emergency situations
- Chronic complications
- Assessment, teaching/learning principles
- Current research
- Pregnancy *new*
- DM medication management *new*

For more info, visit [www.csuohio.edu/nursing/ce](http://www.csuohio.edu/nursing/ce)

4 Thursdays:  
May 3, 10, 17, 24, 2018  
8:45 am – 4 pm

CSU West Center  
26202 Detroit Rd.  
Westlake, OH 44145

Tuition: \$695  
(includes materials and lunch)

24 Contact Hours  
awarded to RNs

Approved by the  
Commission on Dietetic  
Registration for 24  
CPEUs

CLEVELAND STATE  
UNIVERSITY  
School of Nursing  
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# About the Diabetes Education Instructors

## Susan Cotey, RN, CDE

Susan Cotey is the coordinator for the Lennon Diabetes Center at the Cleveland Clinic Stephanie Tubbs Jones Health Center. She has developed and implemented an internationally recognized comprehensive diabetes self-management program that focuses on “Personal Quality Improvement” and lifestyle changes. Patients gather personal data and develop a plan to improve their health. The concept was presented in Scotland 2002 and again in London 2005 at the European Forum on Quality Improvement in Healthcare... presentations that prompted email responses from healthcare professionals throughout Europe. Susan developed a hospital-based Diabetes Nurse Champion Program which was replicated throughout the healthcare system. The programs earned the Cleveland Clinic Health System Eastern Region Presidents Award for Clinical Quality. She also received the “Nurse of Excellence Award”.

Susan was nominated for the “Northern Ohio Live” 2002 Awards of Achievement”; in the category of health and medicine. In 2003 she received the “Distinguished Women in Healthcare Award” from the Visiting Nurse Association under the category of patient care and in 2008; she was nominated for the Health Care Worker of the Year Award given by the Ohio Hospital Association. In March of 2009 Susan was a presenter in Berlin, Germany at the International Forum on Quality and Safety in Healthcare, addressing the topic of Patient Engagement. In 2011 she received the American Diabetes Association’s Circle of Hospitals Award and was also featured in the Cleveland Clinic’s “Notable Nursing Journal.” Susan was also a presenter at the 2013 American Diabetes Association’s 73<sup>rd</sup> Scientific Sessions. In 2015, she was a finalist in the March of Dimes Ohio Nurse of the Year Award, in the category of Distinguished Nurse. Most recently, Susan received the Lifetime Achievement Award for Nursing Excellence from the Cleveland Clinic, 2016.

## Judy M. Zangmeister, RDN, LD, CDE

Judy received her bachelor of science in nutrition from Case Western Reserve University. After graduation, she became a clinical dietitian at Doctors Hospital in Columbus, Ohio where she specialized in diabetes, renal and oncology nutrition. She was Chairman of the Clinical Section of the Columbus Dietetic Administrative Council and was instrumental in the development of the Manual of Clinical Dietetics used in all hospitals in the Columbus area.

Judy has been a Certified Diabetes Educator for over twenty years and currently works as the Nutrition and Diabetes Educator at Cleveland Clinic Community Internal Medicine at Marymount. Prior to her current position she was the Diabetes Educator and Care Coordinator: at the Richard E. Jacobs Family Health Center in Avon. She has also worked as the Nutrition and Diabetes Educator for the Family Medicine Center.

Additionally, Judy is a lecturer for Cleveland State University in the Department of Continuing Education and School of Nursing for over 15 years teaching a number of diabetes and nutrition related classes to other health care professionals. She has been actively involved with the Diabetes Association of Greater Cleveland (DAGC), serving on its board, chairing the nutrition committee, and a speaker for various lay and professional symposiums. In 2002 she was recognized for outstanding service and dedication as a commended volunteer for the Diabetes Association of Greater Cleveland. She is a member and past President of the Northeastern Ohio Chapter of the American Association of Diabetes Educators (NEO-AADE) and member of the American Association of Diabetes Educators (AADE). In 2008 she received the NEO-AADE Chapter Member of the Year award for her exemplary service in the field of diabetes.

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*Cleveland State University School of Nursing is an approved provider of continuing nursing education by the Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. (OBN-001-91) (OH-012, 8/1/2018)*

*Participants must attend a minimum of 80% of the program and complete an evaluation form to receive contact hours. Instructors and planners have declared no conflicts of interest pertaining to this activity and no commercial support or sponsorship has been provided for this program.*