Diabetes Education and Management
Continuing Education for Nurses and Dietitians

Intensifying Diabetes Management  March 15!

This course is designed for nurses, dietitians and diabetes educators interested in learning advanced concepts of diabetes mellitus management. Preventing or delaying the complications of both type 1 and type 2 diabetes requires individualized goals and skill: this class will explore the latest available options for both. Using case studies and hands-on practice using an insulin pump, we’ll explore the challenges facing both the clinician and the patient in achieving intensive management.

Key Topics Covered
- Benefits and risks of intensifying diabetes management
- Intensive medication options including insulin pump therapy
- Pattern management
- Nutritional management strategies
- Basic and advanced carbohydrate counting and carb factoring
- Calculation of insulin dose, correction and sensitivity factors
- Insulin pump practicum
- Applying concepts to a case study

March 15, 2012
Thurs, 8:45 am-4:00 pm
Downtown, Main Campus – Julka Hall
Instructors: Jami Klein, RN, CDE and Judy Zangmeister, RD, LD, CDE
$149 (includes materials & lunch)
NURSCE 5, Section 1  Contact Hours: Awarded to RNs and Dietitians* (6.0).

Prerequisite: Diabetes education course or strong diabetes education background.

*Application for pre-approval for 6 CPEUs for Registered Dietitians has been submitted to the Commission on Dietetic Registration.

Cleveland State University (OH-012/5-1-12) is an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

You must attend a minimum of 80% of the program and complete an evaluation form to receive contact hours. A notation appears in the “Contact Hour” line of course descriptions indicating courses designed for RNs and/or LPNs.

For more information or to register, visit www.csuohio.edu/nursing/ce
or email cenanursing@csuohio.edu.
**Diabetes Education**  

**May 4, 11 and 18!**

Do your patients/clients understand and effectively apply diabetes self-management skills? How well are you managing hospitalized patients? Enhance your teaching and strategies, and optimize patient outcomes with this 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 certified diabetes educators (CDE) and preparation for those considering certification.

**Key Topics Covered**
- Classifications and diagnostic criteria
- Pathophysiology of diabetes
- Nutritional recommendations
- Role of exercise
- Pharmacologic interventions
- Insulin delivery systems
- Self-monitoring of blood glucose
- Diabetes management in the hospital
- Emergency situations
- Chronic complications
- Assessment, teaching/learning principles
- Current research

**May 4, 11 and 18, 2012**  
Fridays, 8:45 am-4:00 pm  
Downtown, Main Campus – Julka Hall  
Instructors:  
Mary Beth Modic, MSN, RN, CNS, CDE and Judy Zangmeister, RD, LD, CDE  
$399 (includes materials & lunch)  
NURSCE 4, Section 1  
Contact Hours: Awarded to RNs, LPNs and Dietitians (18.0).

*This program has been approved by the Commission on Dietetic Registration for 18 CPEUs.*

---

**What past participants say about CSU’s Diabetes Education Course**

“This was a great class and every clinical person needs updated knowledge to teach our patients.”

“This should be mandatory for all nurses!”

“This course was excellent. I think every nurse involved in direct patient care should take this… especially with the increasing incidence of diabetes.”

“An excellent resource to gain better in depth understanding of DM and interventions.”

“Extremely informative.”

“Diabetes care changes very quickly, this is a great review and update.”

“This course is filled with useful/practical information presented by dynamic and knowledgeable instructors. There is much demand for diabetes education and educators in the greater Cleveland area.”

---

For more information or to register, visit [www.csuohio.edu/nursing/ce](http://www.csuohio.edu/nursing/ce)  
or email cenursing@csuohio.edu.
About the Instructors

Jami Klein RN, BSN, CDE

Jami Klein has worked in a variety of settings educating children and adults about diabetes. Jami earned a BA in Speech and Hearing Sciences at Indiana University then went on to complete the accelerated BSN program at Cleveland State University. After graduating from CSU, Jami began working at the Cleveland Clinic. After three years on the Pediatric Cardiac Step Down unit, she started working as a Pediatric Diabetes Educator. Jami has been actively involved with Diabetes Partners of Cleveland as a Nurse Coordinator for Camp Ho Mita Koda and as part of the Camp Medical committee. Camp Ho Mita Koda is the oldest camp in the country for children with type 1 diabetes. She also teaches people starting on an insulin pump or continuous glucose monitor. Her passion for helping people learn how to successfully manage diabetes comes from living with type 1 diabetes for the past 23 years.

Mary Beth Modic, MSN, RN, CNS, CDE received her BSN from the College of Mount Saint Joseph in Cincinnati and her MSN from Kent State University. She is currently a Clinical Nurse Specialist in Diabetes at Cleveland Clinic. She is a member of the American Diabetes Association and the American Association of Diabetes Educators. She has published and spoken nationally on diabetes, precepting, and clinical teaching strategies. Her research interests include meal consumption patterns of hospitalized patients with diabetes, nurses’ knowledge of diabetes management strategies, survival skill education for patients with diabetes and prevention of insulin errors in the hospital.

Judy M. Zangmeister, RD, LD, CDE has been a lecturer for CSU for over 10 years teaching a number of diabetes and nutrition related classes. 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 the Westlake Family Health Center in the Department of Family Practice with the Cleveland Clinic Institute of Medicine. Prior to her current position, she was the manager and Nutrition and Diabetes Educator for the Family Medicine Center which was part of Fairview Hospital and the Cleveland Clinic Health System. 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. 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.

*The instructors have no declared no conflicts of interest that relate to their presentations.*

For more information or to register, visit [www.csuohio.edu/nursing/ce](http://www.csuohio.edu/nursing/ce) or email cenursing@csuohio.edu.
### PERSONAL INFORMATION-- Please Print

<table>
<thead>
<tr>
<th>Last Name</th>
<th>First Name</th>
<th>Middle</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Mailing Address</th>
<th>City</th>
<th>State</th>
<th>Zip</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>CSUID</th>
<th>OR</th>
<th>Last 4 SSN</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Employer’s Name</th>
<th>Business Title/Function</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Business Address</th>
<th>City</th>
<th>State</th>
<th>Zip</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Business Phone</th>
<th>Home Phone</th>
</tr>
</thead>
</table>

*Email______________________________________________

*This is CSU’s primary method of communication*

## Course #

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Fee</th>
<th>Starting Date</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Professional Contact Hours Requested:</th>
</tr>
</thead>
<tbody>
<tr>
<td>BENHA</td>
</tr>
<tr>
<td>Psychology</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Optional: For government equal opportunity reporting, please check.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Race: Select one or more races that describe you best:</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Indian or Alaskan Native</td>
</tr>
<tr>
<td>Black or African American</td>
</tr>
<tr>
<td>White</td>
</tr>
</tbody>
</table>

## Method of Payment

| Credit Card payment via ShopNet Online (https://campusnet.csuohio.edu/ShopNet/index.jsp) |
| Check or Money Order (Payable to Cleveland State University) |
| Third Party Billing (Authorization for Third Party Billing Form must be completed in addition to registration form) |
| Staff Development (Cleveland State University Employees Only); complete staff development form in addition to registration form (http://mycsu.csuohio.edu/offices/hrd/forms.html). Please forward a copy with your registration. |

### REGISTRATIONS ARE ACCEPTED UNTIL TWO BUSINESS DAYS BEFORE THE CLASS START DATE UNLESS OTHERWISE STATED.

**REFUND POLICY:** Your course tuition will be refunded or your bill cancelled if you notify us of your intent to withdraw from the course more than two full business days before the class start date. Call (216) 687-3867, fax (216) 687-3556, email j.n.muscatello@csuohio.edu, or stop by our office (JH 239) to withdraw. NO REFUNDS WILL BE ISSUED FOR WITHDRAWAL REQUESTS RECEIVED LESS THAN TWO FULL BUSINESS DAYS BEFORE THE FIRST CLASS MEETING.

### Mail or Fax To:
Cleveland State University, College of Education/School of Nursing CE, 2121 Euclid Ave. JH 238, Cleveland, OH-44115

PH: 216-687-3867 F: 216-687-3556 E-mail: j.n.muscatello@csuohio.edu

Updated 1/31/2012