

## Continuing Education Information IHS Division of Diabetes Treatment and Prevention

**Title:** Carbohydrate Counting: Basic to Advanced  
**Presenter:** Brenda Broussard, MPH, MBA, RD, CDE

**Type of Activity:** Enduring Event (Web-based training)

**Third Year Release Date:** July 9, 2015

**Third Year Expiration Date:** July 8, 2016

**Second Year Release Date:** July 9, 2014

**Original Accreditation period:** July 9, 2013 – July 8, 2014. The training was reviewed at the end of each of the first two accreditation periods and approved to offer continuing education credit for an additional year.

**Target Audience:** Indian Health Service, Tribal and Urban (ITU) health care providers in clinical and community health settings.

### **Activity Overview:**

This training will review evidence based medicine on protocols for using carbohydrate counting as a means of helping people with diabetes improve their diabetes self- management skills. The relationships among food, medications, physical activity and blood sugar glycemic control will be discussed. Recommendations and tools for helping people achieve better glycemic control will be provided.

### **Training Objectives:**

1. Discuss practical strategies for getting patients to move. Implement carbohydrate counting strategies to promote healthy eating for persons with diabetes.
2. Use information about the relationships among food, diabetes medication, physical activity, and blood glucose levels to improve the quality of care and education provided to people with diabetes.
3. Calculate an insulin-to-carbohydrate ratio.
4. Identify one change you can make in your clinical or public health practice.

**Note:** Before you begin any of the web-based trainings, you can review the IHS Privacy Policy ([http://www.ihs.gov/privacy\\_policy.asp](http://www.ihs.gov/privacy_policy.asp)). Also, you can review the Survey Monkey Privacy Policy for details on how user information submitted in the evaluation is protected. (<https://www.surveymonkey.com/mp/policy/privacy-policy/>).

**Requirements:** You must have a computer with broadband Internet access. For the best experience viewing the videos, use Internet Explorer 7 or greater and Flash 8 player. Click on the "Flash" icon to install the player, if necessary. If you have any trouble viewing the video trainings, contact us at [diabetesprogram@ihs.gov](mailto:diabetesprogram@ihs.gov) for alternate viewing options. If you have trouble viewing this training on-line, check your system to make sure you have the appropriate hardware and software. If you need help or have any questions, please send an email to [diabetesprogram@ihs.gov](mailto:diabetesprogram@ihs.gov).

**Continuing Professional Education (CE) Credit Information:** To receive CE credit, you must view the entire training, watch the complete video and review the handout, successfully pass the quiz (score  $\geq$  80%), and complete an evaluation. You will be able to print a "Certificate of Continuing Education Credits" online following the training.

Individuals taking this course for the first time are eligible for CME/CE credit. If you previously completed this course, you are not eligible for CME/CE credit. If you complete the course more than once, you may obtain a certificate of completion.

### **Disclosure Statements**

As a provider accredited by ACCME, ANCC, and ACPE, the IHS Clinical Support Center must ensure balance, independence, objectivity, and scientific rigor in its educational activities. Course directors/coordinators, planning committee members, faculty, reviewers and all others who are in a position to control the content of

this educational activity are required to disclose all relevant financial relationships with any commercial interest related to the subject matter of the educational activity. Safeguards against commercial bias have been put in place. Faculty will also disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. All those in a position to control the content of this educational activity have completed the disclosure process and have indicated that they do not have any significant financial relationships or affiliations with any manufacturers or commercial products to disclose.

**There is no commercial interest support for this educational activity.**

The Indian Health Service (IHS) Nutrition and Dietetics Training Program (NDTP) is accredited by the Commission on Dietetic Registration to sponsor continuing professional education for Registered Dietitians. This activity has been awarded 1 CPEU. The IHS NDTP number is NU006. Each attendee should only count the number of hours for each activity attended.

Accreditation applies solely to this educational activity and does not imply approval or endorsement of any commercial product, services or processes by the CSC, IHS, the federal government, or the accrediting bodies.

**ACCREDITATION:**



**Continuing Medical Education Credit**

The Indian Health Service (IHS) Clinical Support Center is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. The IHS Clinical Support Center designates this enduring material for a maximum of 1 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



**Continuing Nursing Education Credit**

The Indian Health Service Clinical Support Center is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. This activity has been designated 1.0 contact hour for nurses



**Registered Dietitian Continuing Education Credit**

The Indian Health Service (IHS) Nutrition and Dietetics Training Program (NDTP) is accredited by the Commission on Dietetic Registration to sponsor continuing professional education for Registered Dietitians. This activity has been awarded 1 CPEU. Each attendee should only count the number of hours for each activity attended. The IHS NDTP number is NU006.



**Dental Continuing Education Credit**

The Indian Health Service (IHS) Division of Oral Health is an ADA CERP Recognized Provider. The IHS Division of Oral Health designates this continuing dental education course for 1 hour of credit for each hour of participation. Each attendee should claim only those hours of credit actually spent in the educational activity.

## Planners

The planning and development included IHS Division of Diabetes Treatment and Planning and a team of individuals with expertise in relevant professions.

Name and Credentials	Present Position/Title
Carmen Licavoli, MSN, APRN, BC	Nurse Planner, Deputy Director, DDTP
Ann Bullock, MD	Acting Director, Physician Educator, Clinical Consultant, DDTP
Wendy Sandoval, PhD, RD, CDE	Training Consultant, Nutritionist, DDTP
Jan Frederick, MS, RD	Clinical Training Coordinator, Nutritionist, DDTP
Tom Taylor, DDS	Tele-Training Consultant - IHS Division of Diabetes