

**Continuing Education Information**  
**IHS Division of Diabetes Treatment and Prevention Advancements in Diabetes Recorded Sessions**

**Title: Simple to Advanced Approaches to Carbohydrate Counting**

**Presented by:**

**Kibbe Brown, MS, RD**  
Nutrition Consultant  
Division of Diabetes Treatment and Prevention

**Wendy Castle, MPH, RD, LD, CDCES**  
Clinical Training Coordinator  
Division of Diabetes Treatment and Prevention

**Type of Activity:** Enduring Event (Recorded Webinar)

**Release Date:** March 28, 2023

**Expiration Date:** March 27, 2026

**Estimated Time to Complete Activity:** 60 minutes

**Live Session Originally Presented on:** March 8, 2023

**Information about the webinar presentation:**

Patients come from diverse cultural backgrounds and to optimize patient learning, health educators need to have access to a variety of tools and educational approaches when teaching nutrition. This session includes interactive diabetes management teaching techniques for simple to advanced carbohydrate counting that can be used in individual and group settings. This presentation will demonstrate various approaches for carbohydrate counting, adapted for numeracy and literacy.

**Training Objectives and Outcomes:** As a result of completing this training, the healthcare team will be able to:

1. Utilize visual cues as a vital tool for diabetes management to identify, count and balance carbohydrates in meals
2. Educate clients to identify carbohydrates and carbohydrate content in foods.
3. Calculate insulin dosage based on the amount of carbohydrate that is consumed at a meal.

**Requirements:** If you plan to join the webinar session, you must have a computer with broadband Internet access. For the best experience viewing the videos, use Microsoft Edge or Google Chrome. 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).

**Note:** Before you begin the training, you may review the IHS Privacy Policy at the following link: (<https://www.ihs.gov/privacypolicy/>). You may also review the Survey Monkey Privacy Policy for details on how user information submitted in the evaluation is protected.

<http://www.surveymonkey.com/mp/policy/privacy-policy/>

**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, or the live course, you are not eligible for CME/CE credit. If you complete the course more than once, you may obtain a certificate of completion.

## Accreditation:



In support of improving patient care, IHS Clinical Support Center is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



This activity was planned by and for the healthcare team, and learners will receive 1.0 Interprofessional Continuing Education (IPCE) credits for learning and change.

## Credit Designation

### Statements

**For this activity, credit is designated 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.

### Pharmacists

This activity provides 1.0 hour of Knowledge-based continuing pharmacy education credit. Universal Activity Number: JA4008177-0000-23-019-H99-P

Credit will be uploaded to the NABP CPE Monitor within 30 days after the activity completion. It is the responsibility of the pharmacist to provide the correct information (NABP ID and DOB (MMDD)) in order to receive credit.

### Nurses

This activity is designated 1.0 contact hour for nurses.



Completion of this RD/DTR profession-specific or IPCE activity awards CPEUs (One IPCE credit = One CPEU).

If the activity is dietetics-related but not targeted to RDs or DTRs, CPEUs may be claimed which are commensurate with participation in contact hours (One 60 minute hour = 1 CPEU).

RD's and DTRs are to select activity type 102 in their Activity Log. Sphere and Competency selection is at the learner's discretion.



### 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. Each attendee should claim only those hours of credit actually spent in the educational activity.

**Disclosure Statement:** As a jointly accredited provider of continuing education, 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 the existence of all financial relationships with ineligible companies within the prior 24 months. 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 who are 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 relevant financial relationships or affiliations with any manufacturers or commercial products to disclose.

There is no commercial interest support for this educational activity.

### **Planners**

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

<b>Name and Credentials</b>	<b>Present Position/Title</b>
Jana Towne, RN, BSN, MHA	Nurse Planner, Nurse Consultant, DDTP
Lani Desaulniers, MD	Clinical Consultant, Physician Educator, DDTP
Kibbe Brown, MS, RDN	Nutrition Consultant, DDTP
Jan Frederick, MS, RDN	Clinical Training Coordinator, Nutritionist, DDTP
Whitney Chancellor, PharmD, BCPS	Assistant Chief Pharmacist, GIMC, Planner
Wendy Castle, MPH, RD, LD, CDC	Clinical Training Coordinator, Planner, DDTP