

National Spring Meeting 2016

“Let’s focus on”

Clayton Hotel, Sligo Town on Sunday 17 April at 2pm*

| | Stream 1 (Type 1) | Stream 2 (Parents & teens) | Stream 3 (Type 2) |
|--------|--|--|--|
| 2pm | <p>Getting my head around diabetes Dr Rodger Graham <i>Consultant Clinical Psychologist in Diabetes, Ulster Hospital, Belfast</i></p> | <p>Getting my head around diabetes Vincent Mc Darby <i>Senior Clinical Psychologist, Our Lady’s Hospital for Sick Children, Crumlin, Dublin</i></p> | <p>Diabetes management targets to reduce/prevent Type 2 diabetes complications Dr Aonghus O’Loughlin <i>Consultant Physician/Endocrinologist Roscommon General Hospital</i></p> |
| 3.20pm | <p>Protecting my body Ann Ferguson & Majella Toomey <i>Diabetes Nurse Specialists, Sligo University Hospital</i></p> | <p>Protecting my child Ms Avril McCloskey <i>Paediatric Diabetes Nurse Specialist Letterkenny General Hospital</i></p> | <p>Footcare with diabetes – the do’s and don’ts Ms Assumpta Coyle <i>Senior Podiatrist, University Hospital Limerick</i></p> |
| 4pm | <p>Diabetes management targets to reduce/prevent Type 1 diabetes complications Dr Aoife Egan <i>Specialist Registrar, University Hospital, Galway</i></p> | <p>Staying healthy with diabetes Fiona Hegarty <i>Senior Dietitian in Diabetes, Letterkenny General Hospital</i></p> | <p>Dietary considerations for Type 2 diabetes Ms Marie Boyce <i>Community Dietitian, Sligo</i></p> |

Type 1 Workshop Stream (2pm)

This workshop will focus on all aspects of living with Type 1 diabetes. From the emotional impact of diagnosis, the stress of daily living with the condition and the level of personal responsibility to achieving good control such as managing insulin adjustment, food choices and exercise. Presenters will also focus on the lifestyle issues/concerns people face such as sick day management, sexual dysfunction and planning for pregnancy.

Parents & Teens with Type 1 Workshop Stream (2pm)

This workshop stream will focus on staying healthy with Type 1 diabetes from the emotional impact of diagnosis to the stress of daily living outlining what parents need to do to ensure their child stays healthy and active, from developing a management plan and its various stages based on their child’s needs with the diabetes team, offering advice on the various issues that may arise from how to deal with school management & teachers, importance of sport/exercise, diet and carbohydrates. It will also focus on the ongoing concerns that parents of children face daily – hypos, sick day management & DKA (do’s and don’ts) with the aim to help minimise short and long term health problems as best you can.

Type 2 Workshop Stream (2pm)

This workshop will focus on living well with Type 2 diabetes. It will outline complications people with Type 2 diabetes are at risk from, what you can personally do to help meet agreed targets in terms of diet and exercise and foot care to avoid/delay the onset of complications. Dietary considerations will focus on what balanced diet includes – portion sizes, importance of hydration and the role of low carbohydrate diets in your daily diet.