

Diabetes Education: Train-the-Trainer Programme on insulin & administration

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Aim: The lack of trained health professionals (HPS) to train HPS have been a critical issue impeding the delivery of high-quality diabetes (DM) education and care for people on insulin therapy. The non-profitable Association of Diabetes Educators (Singapore)(ADES) aim to provide programme that can be readily adapted to meet the different and special needs of local HPS and institutions (IS).

Methods: The ADES adopted in part of the curriculum of the International Diabetes Federation (IDF) on insulin therapy. A one-day DM education programme on Insulin Therapy and Administration was conducted by ADES. The IS that do not have full time DM educators were invited to nominate staff nurses (SN) to attend Train-the-Trainer (TTT) programme. Variables included ethnic, years of experience in nursing, contact of patients with DM, place of work and duration of last update in DM education were collected for analysis.

Results: Twenty-two SN attended the workshop. 54% of the SN nominated have more than fifteen years of nursing experience. In term of involvement in patient care, 90 % of SN involved in some level of routine diabetes education and care for patients and 10 % of SN from training & education department. In term of ethnicity, 83 % of them were Chinese. 50% of nurses were from Community Hospital, 40% from Nursing Homes/Services, and 10% from teaching institutions. 77% of SN from private and non profitable IS were not updated on DM education in the last 12 months in their nursing practice.

Conclusion:

The development TTT programme by ADES is a step towards increasing HPS's knowledge and understanding on DM care and management for private and non profitable IS.