



SILVER OAK UNIVERSITY

Silver Oak College of Nursing

Bachelor of Science (Nursing)

Course Name: Elective Module -Diabetes Care

Course Code:1060323237

Semester: 4th

Prerequisite:

It may include knowledge of human biology, anatomy, and physiology, as well as an understanding of medical terminology and pharmacology. Additionally, having a basic understanding of diabetes, including its causes, symptoms, and treatment options, would be beneficial. Strong communication skills and empathy are also important when studying diabetes care, as it involves working closely with patients to manage their condition effectively

Course Objective:

1. To help students to develop knowledge, skill and attitude regarding Diabetes and care.
2. To help students to improve understanding and implementing strategies for the prevention, management, and treatment of the disease.
3. To develop more effective and personalized approaches to help individuals with diabetes live a healthier and longer life.

Teaching Scheme:

Teaching Scheme				
L	T	P	Contact Hours	Credit
1	0	0	1	1

Content:

Unit No.	Contents	Teaching Hours	Weightage %
1	<p>Introduction</p> <p>Introduction to Diabetes as Non communicable disease burden - global & national - Review</p> <p>Diabetes risk factors, preventive measures & risk reduction measures</p> <p>Role of nurse in national programs relevant to Diabetes prevention, control and care</p>	2	10
2	<p>Pathophysiology and diagnosis of Diabetes</p> <p>Review - structure & functions involved in key organs relating to diabetes (pancreas, liver, muscle, adipose tissue & kidney)</p> <p>Relationship between blood glucose and insulin</p> <p>Prediabetes condition</p> <p>Types of Diabetes - Type I & II</p>	4	20

	Screening Symptoms Diagnostic Criteria		
3	Diabetes treatment options Life style modifications Diet therapy Exercise Medical therapy Oral antidiabetic agents used to treat diabetes types, actions, side effects and contraindications Combination treatment regimen Medication considerations in elderly Insulin therapy - Types, regimen, preparation and administration Recent advances in medication therapy	4	20
4	Complications of diabetes Diagnosis and management of Hypoglycemia Hyperglycemia Diabetic ketoacidosis Macrovascular complications Diabetic retinopathy Diabetic nephropathy Neuropathy Gestational diabetes in pregnancy	3	15
5	Self-Management Challenges of living with diabetes Role of self-care in diabetes management Effective self-management skills to attain and maintain diabetes control Monitoring blood glucose levels -methods to monitor diabetes control and analysis of blood glucose patterns Nutrition therapy Nutritional needs of patients with diabetes Nutritional assessment Determination of body mass index (BMI), waist-to-hip ratio Meal planning methods Problems associated with diet therapy Physical activity Role of exercise in diabetes management Components of exercise prescription Exercise needs assessment Types of exercises Benefits of yoga for people with diabetes Strategies to prevent hypoglycemia during or after exercise Medication therapy Understanding action, side effects and contraindications Insulin therapy - preparation and administration	5	25

	Role of diabetes educator in education and counseling Complication identification and seeking appropriate help		
6	Recent updates in diabetes Oral health and diabetes Managing diabetes during disasters Recent update on treatment and care modalities Role of diabetes educator in diabetes care, education, counseling and management Complementary therapies	2	10

Course Outcome:

Sr. No.	CO statement	Unit No
CO-1	Understand the pathophysiology and diagnostic criteria for diabetes in the context of NCDs	1,2
CO-2	Apply principles of diabetes control through medication, diet, exercise, and lifestyle modifications and treatment options and complications to make informed decisions on self-management	3
CO-3	Identify early signs of complications and seek timely help to prevent escalation of diabetes-related issues	4
CO-4	Demonstrate updated knowledge and self-management skills for effective diabetes control	5,6

Teaching & Learning Methodology: -

1. Lecture and Discussion
2. Case Scenario and Discussion
3. Case study

Books Recommended

1. Trisha Dunning, Alan J. Sinclair; Care of People with Diabetes: A Manual for Healthcare Practice
2. Belinda B Childs, Marjorie Cypress, Geralyn Spollett; Complete Nurse's Guide to Diabetes Care
3. Nursing Care for Diabetes Patient : A Comprehensive Guide Kindle Edition
4. Tahseen A. Chowdhury; Diabetes Management in Clinical Practice; Kindle Edition
5. Richard I. G. Holt, Clive Cockram, Allan Flyvbjerg; Textbook of Diabetes

List of Open-Source Software/learning website

1. https://books.google.com/books?id=94YsDQAAQBAJ&printsec=frontcover&dq=books+for+diabetes+care++nursing&hl=en&newbks=1&newbks_redir=1&sa=X&ved=2ahUKEwjM963aq9-FAxU42TgGHVkBewQ6AF6BAgNEAI
2. https://www.wcu.edu/WebFiles/PDFs/http___educator.journeyforcontrol.pdf
3. https://books.google.com/books/about/The_Art_and_Science_of_Diabetes_Care_and.htm?l?id=XITWzwEACAAJ

CO-PO-PSO Matrix

Co. No.	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PSO1	PSO2
CO-1	3	2	3	1	-	2	2	3	3	3	3	2
CO-2	3	3	2	1	-	2	3	2	2	2	3	2
CO-3	2	2	3	1	-	2	2	3	3	2	2	3
CO-4	3	3	3	1	-	2	2	3	3	2	3	2