Talking about Diabetes and Wellbeing in General Practice

GP Education - 3 hour program

Duration
3 hours (plus breaks)

Program outline
Diabetes is a common chronic condition with an estimated 1.2 million people aged 2 years and over (5.1% population) diagnosed with diabetes in Australia.

Emotional and mental health problems are more prevalent in people with diabetes than in the general population. The 2011 Diabetes Miles Study found increased rates of diabetes distress and symptoms of depression in people with both Type 1 and Type 2 diabetes.

Importantly, diabetes distress and depression are associated with a range of poorer outcomes for people living with diabetes. It is therefore vital that GPs regularly screen for and address psychological distress when caring for people with diabetes.

Our new programs aims to equip GPs with the tool to recognise and manage diabetes distress and depression within a diabetes consultation, including understanding the lived experience of people living with diabetes, the use of screening questions and tools to identify those affected, and practical management strategies to assist people in distress within their practices.

Topics covered
1. Introduction to Diabetes in General Practice
2. Diabetes in Distress
3. Diabetes and Depression

Learning objectives
By the completion of this program participants will be able to:
• Describe the lived experience of people living with diabetes
• Recognise and respond to diabetes distress in general practice
• Identify co-morbid depression in people living with diabetes

Suitable for
GPs

Accreditation
• 6 RACGP QI&CPD Category 2 Points MH CPD

Request a Quote
Contact the Health Professional Education Team at education@blackdog.org.au