

THERAPEUTIC PATIENT EDUCATION

THE GREAT CHALLENGES

***Search of Effective Strategies to Help: Overweight Reduction,
Regular Exercise, COH Counting, and Pump Therapy***

**Saturday November 2 – Thursday November 7, 2002
Hotel Le Gole, Celano, Italy.**

Organisation: Prof A. Maldonato, Dr A. Baldelli, Dr D. Bloise
Secretariat: Ms Nina Bonagura

La Sapienza University, Policlinico S.Andrea, Rome (Italy)

PROGRAM

Saturday, 2 November 2002

Afternoon: Arrival

18.30 *Welcome reception*

Introduction: Aims of this Workshop

20.00 *Dinner (own Hotel)*

Sunday, 3 November 2002

8.30 EBM: New knowledge of weight and eating control *M. Cuzzolaro*

9.00 Group Work: Translating scientific evidence into practical guidelines

10.30 *Coffee break*

10.45 Eating disorders in diabetes

M.Cuzzolaro

11.10 Group Work: Educational strategies targeted at the different eating disorders

12.30 *Lunch (buffet)*

14.30 Therapeutic education of the obese diabetic patient *A. Maldonato*

15.00 Group Work (Metaplan): The DESG documents on losing weight

16.15 *Coffee break*

16.30 Different personalities and eating behaviours *A. Golay*

17.00 Group Work: Matching TPE and patient's personality

18.30 Ascent to the sky and return. First man with type 1 diabetes on top Cho Oyu "by fair means"
M. Peruffo

19.15 Conclusion

20.00 *Dinner (own Hotel)*

Monday, 4 November 2002

8.30 EBM: Metabolic effects of exercise
P. Segal

9.00 Group Work: Translating scientific evidence into practical guidelines

10.30 *Coffee break*

10.45 Practising exercise.

12.30 *Lunch (picnic)*

14.30 How to adapt exercise to the stage of changing behaviour (Prochaska)
A. Golay

15.00 Group Work: Physical exercise, psychological benefit or constraint?

16.15 *Coffee break*

16.30 Therapeutic education for exercise
I. Harman-Boehm

17.00 Group Work: The DESG TL on exercise

18.30 Conclusion

20.00 *Dinner (Hotel Le Gole)*

21.00 Concert for mezzosoprano, soprano and piano: Noctuelles
A.Gentile, S.Tarquini, D.Musca

Tuesday, 5 November 2002

- 8.30 EBM: Why COH counting is important for diabetes management
G. Xuereb
- 9.00 Group Work: Educational tools and strategies
- 10.30 *Excursion to L'Aquila*
- 12.30 *Lunch (restaurant)*
Exercise: COH counting
Return to Celano
- 16.30 Effective learner-centred TPE: problem solving by trials.
A. Maldonato
- 17.00 Group Work: Learning to match eaten COH and injected insulin
- 18.30 Conclusion
- 20.00 *Dinner (own Hotel)*

Wednesday, 6 November 2002

- 8.30 EBM: Experience of pump therapy in children
N. Sulli
- 9.00 Group Work: Advantages and drawbacks of pump therapy
- 10.30 *Coffee break*
- 10.45 Doctor/patient relationship: is it improved or worsened by pump therapy?

- 11.10 Group Work: Empowerment and partnership: coexistence or contradiction?
- 12.30 *Lunch (buffet)*
- 14.30 Learning by objectives
A. Maldonato
- 15.00 Group Work: Learning objectives relevant to pump treatment, for patients and HCPs
- 16.30 *Coffee break*
- 16.45 New: Continuous BG monitoring and closed-loop systems.
N. Sulli
- 17.10 Group Work: The DESG TL on pump therapy
- 18.30 Conclusion
- 20.00 *Farewell Dinner (Hotel Le Gole)*

Thursday, 7 November 2002

- 8.30 The DESG Curriculum and the STEP program: Where are we?
- 9.00 Group Work: Future STEPs
- 10.30 *Coffee break*
- 10.45 Evaluation of this workshop
Future activities
- 12.30 End of the workshop**

With the participation of:

- Massimo Cuzzolaro** MD, Psychiatrist, Dpt of Child and Adolescent Neurology and Psychiatry, Eating Disorders Program, La Sapienza University, Rome, Italy
- Alain Golay** MD, University of Geneva, Medical School, Division of Therapeutic Education for Chronic Diseases, Geneva, Switzerland
- Ilana Harman-Boehm** MD, Soroka Medical Center, Director of Internal Medicine & Diabetes, Beer-Sheva, Israel
- Pesach Segal** MD, Chaim Sheba Medical Centre, Tel-Hashomer, Israel
Vice-president, the Diabetes Education Study Group
- Nicoletta Sulli** MD, Paediatrician Endocrinologist and Diabetologist, La Sapienza University, Rome, Italy
- Godfrey Xuereb** RD, Caribbean Food and Nutrition Institute, Kingston, Jamaica
Honorary Secretary, the Diabetes Education Study Group