



DIABETES EDUCATION STUDY GROUP
of the EUROPEAN ASSOCIATION for the STUDY of DIABETES

***New Strategies in Therapeutic Patient Education
for Healthy Lifestyle and Diabetes Self-Management***

Saturday 17 January – Thursday 22 January, 2004
Grand Hotel Assisi, Assisi, Italy.

Organisation: Prof A. Maldonato, Dr A. Baldelli, Dr D. Bloise
Secretariat: Ms Nina Bonagura
La Sapienza University, Policlinico S.Andrea, Rome (Italy)

PROGRAMME

Saturday, 17 January 2004

Afternoon: Arrival

18.30 *Welcome reception*

Introduction: Aims of this Workshop

20.00 *Dinner*

Sunday, 18 January 2004

8.30 EBM: Effect of TPE on lifestyles
A. Maldonato

9.00 Exercise in auto-biography

10.30 *Coffee break*

10.45 Help relationship's first step: active
listening *V. Graziani*

12.30 *Lunch (buffet)*

15.30 Help relationship's second step:
confrontation and search for win-win
solutions *V. Graziani*

17.15 *Coffee break*

17.30 How to assess the stage of changing
behaviour (Prochaska) *A. Golay*
GW: Educational strategies according to
stages of change

19.30 Conclusion

20.00 *Dinner*

Monday, 19 January 2004

8.30 EBM: Metabolic effects of exercise
PP. De Feo

9.00 Group Work: Translating scientific
evidence into practical guidelines

10.30 *Coffee break*

10.45 Practising exercise.
Excursion to Mount Subasio, Eremo
delle Carceri

12.30 *Lunch (picnic)*

17.30 Physical Exercise and QoL "Why I love
mountaineering" *M. Peruffo*

GW: Exercise: psychological benefit or
constraint?

19.30 Conclusion

20.00 *Dinner*

Tuesday, 20 January 2004

8.30 EBM: Why CHO counting is important
for diabetes management *G. Xuereb*

Group Work: Educational tools and
strategies

10.30 *Coffee break*

10.45 Healthy eating: how to promote behavioural change *G. Xuereb*
 13.00 *Lunch (buffet)*
 15.30 Exercise: Learning to match eaten COH and injected insulin *D. Bloise*
 17.15 *Coffee break*
 17.30 Congruence between verbal and non-verbal communication
V. Di Bonaventura
 GW: Mastering non verbal communication
 19.30 Conclusion
 20.00 *Dinner*

Wednesday, 21 January 2004

8.30 Life histories and empowerment
A. Maldonato
 Report of 1st day's autobiographies
 10.30 *Coffee break*
 10.45 Special Educational needs of the elderly
H. Iselin

11.45 GW: How to put a question on sexual health
J. Singer
 13.00 *Lunch (buffet)*
 15.30 Accreditation, a way forward. The European Credit Transfer System (ECTS) and TPE
A. Felton
 G.W. - How to motivate/involve the Health Care System
 17.30 *Coffee break*
 17.45 The DESG Curriculum and the STEP program: Where are we?
 Report of STEP 3 curricula.
 Future STEPs
 19.30 Conclusion
 20.00 *Farewell Dinner*

Thursday, 22 January 2004

8.30 Evaluation of this workshop
 Future activities
10.30 *End of the workshop*

 10.45 *Meeting of the DESG Executive Committee*

With the participation of:

Pierpaolo De Feo	MD, University of Perugia Medical School, Diabetes and Metabolism Unit, Perugia, Italy
Enzo Di Bonaventura	Actor and Acting Teacher, S.Benedetto del Tronto (AP), Italy Founder, <i>Teatrodue: TeatrLaboratorium Aikot27</i> .
Anne Marie Felton	RN, Chairperson FEND, London, UK
Hans-Ulrich Iselin	MD, Regional Hospital, Rheinfelden, Switzerland
Alain Golay	MD, University of Geneva Medical School, Division of Therapeutic Education for Chronic Diseases, Geneva, Switzerland Vice-President, the Diabetes Education Study Group of EASD
Vincenzo Graziani	Clinical Psychologist, Rome, Italy
Marco Peruffo	Mountain climber, person with type 1 diabetes, Vicenza, Italy
Joelle Singer	MD, Rabin Medical Center, Petach Tikva, Israel
Godfrey Xuereb	RD, University of the West Indies, Caribbean Food and Nutrition Institute / PAHO, Kingston, Jamaica Honorary Secretary, the Diabetes Education Study Group of EASD