



## Understanding the Care and Management of Diabetes Level 2

The aim of this qualification is to provide the underpinning knowledge of diabetes, how it can be prevented or delayed and management strategies.

### What knowledge will be gained?

This course offers an opportunity to increase your understanding and knowledge of the different types of diabetes and how they can occur, develop an awareness of how the onset of Type 2 diabetes can be delayed with lifestyle changes, develop an understanding of diabetes diagnosis, initial and ongoing care and the treatment of diabetes to control blood sugar levels.

### How is the course assessed?

You will receive an information pack and the resource to enable you to give written responses to questions in a work booklet, either handwritten or typed depending on your preference.

### What are the benefits?

- \*Achieve a nationally recognised Level 2 qualification
- \* Further your personal and professional development
- \*Increase your knowledge and awareness
- \*Promotion of health and well-being
- \* Learn at a time that suits you without the need to attend college

### What will be studied?

The course is split into 4 units:

#### **Unit 1: Understand diabetes**

Explores how glucose and insulin function in the body, how different types of diabetes occur and the risk factors associated with Type 2 diabetes.

#### **Unit 2: Prevention and early intervention of Type 2 diabetes**

Explores how the onset of Type 2 diabetes can be prevented or delayed through lifestyle changes.

#### **Unit 3: Understand the initial care of diabetes**

Explores how a diagnosis of diabetes can impact on a person and how the condition can be managed and monitored.

#### **Unit 4: Understand the treatment and management of diabetes**

Explores the on-going care and treatment recommended to control blood glucose levels and prevent complications for people with diabetes.

### Who can apply?

Courses are funded for people who are aged 19 years or over, have lived in England for the past 3 years and who are not currently accessing any other government funded training.

This course would be ideal for those who work in any health and social care role or for anyone who is looking to develop their awareness of this condition.

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