

MEDI 7041 DIABETES SELF-MANAGEMENT SUPPORT 1: INDIVIDUALS

Credit Points 10

Legacy Code 401285

Coordinator Therese Fletcher ([https://directory.westernsydney.edu.au/search/name/Therese Fletcher/](https://directory.westernsydney.edu.au/search/name/Therese%20Fletcher/))

Description Supporting individuals to self-manage their diabetes is the central element of advanced diabetes practice. Underpinned by the empowerment approach, students undertaking this subject will learn the necessary knowledge and skills in educating people with diabetes how to best manage their condition and support behaviours and emotional wellbeing that achieves person centred goals. Drawing on educational, psychological, social and behavioural theories students will learn practical skills in communication, psychological assessment, goal setting and problem-solving that will promote self-care for people with prediabetes and diabetes. This subject is only offered in Spring Session.

School Medicine

Discipline General Medicine

Student Contribution Band HECS Band 3 10cp

Check your fees via the Fees (https://www.westernsydney.edu.au/currentstudents/current_students/fees/) page.

Level Postgraduate Coursework Level 7 subject

Restrictions

Students must be enrolled in the a postgraduate program with evidence of 12 month clinically relevant practice or substantial experience in working with people with diabetes.

Learning Outcomes

On successful completion of this subject, students should be able to:

1. Establish an empowerment and person-centred approach in supporting and educating a person with diabetes to optimally self-manage their condition and partner with health professionals involved with their health care.
2. Apply interpersonal communications strategies to develop a trusting rapport and assess a person's value
3. Individualise emotional and psychological support for people with diabetes to enhance wellbeing and minimise psychological complications.
4. Assess the cultural, social and family background that may impact on a person's ability to self-manage their diabetes
5. Employ evidence-based teaching and learning strategies for individual and groups to enhance diabetes self-management and care
6. Utilise different evidence- based behavioural strategies to initiate and sustain behaviour change for people with diabetes to optimise self-care

Subject Content

- Empowerment and Person-centred Diabetes Care and Education
- Education and Health Literacy: Developing the Skills and Knowledge in Self-care for People with Diabetes
- Promoting, supporting and sustaining person centred healthy behaviours
- Emotional Wellbeing and Psychological Health for People with Diabetes
- Mental health co-morbidities
- Social Issues Associated with Diabetes: Culture, Relationships and Stigma

Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

Type	Length	Percent	Threshold	Individual/ Group	Mandatory Task
Participation	Four Tutorials - 90 minutes	20	N	Individual	Y
Quiz	30 minutes	20	N	Individual	Y
Quiz	30 minutes	20	N	Individual	Y
Presentation	15 minutes	20	N		Y
Viva Voce	15 minutes	20	N	Individual	Y

Prescribed Texts

- Current: Hendrieckx, C., Halliday, J., Beeney, L., & Speight, J. (2016). Diabetes and emotional health: A handbook for health professionals supporting adults with type 1 or type 2 diabetes.

Teaching Periods

Spring (2025)

Online

Online

Subject Contact Therese Fletcher ([https://directory.westernsydney.edu.au/search/name/Therese Fletcher/](https://directory.westernsydney.edu.au/search/name/Therese%20Fletcher/))

View timetable (https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=MEDI7041_25-SPR_ON_2#subjects)