

COURSE TITLE:

DIABETES AWARENESS

MODULE	MODULE NAME	OBJECTIVE
1	Introduction to Diabetes	To understand what diabetes is, how it develops, and why awareness is important in supporting people living with the condition.
2	Types of Diabetes	To learn about the main types of diabetes, including Type 1 and Type 2, and understand how each affects the body differently.
3	Signs and Symptoms	To identify common signs and symptoms of diabetes and recognise early warning indicators that may require medical attention.
4	Hypoglycaemia & Hyperglycaemia	To understand high and low blood sugar conditions, their causes, symptoms, and the importance of responding quickly and safely.
5	Risk Factors & Complications	To learn about modifiable and non-modifiable diabetes risk factors and understand the serious health complications linked to unmanaged diabetes.
6	Diagnosis and Tests	To understand how diabetes is diagnosed through blood glucose testing and learn about the main clinical tests used to confirm the condition.
7	Treatment & Medication	To understand the main treatment methods for diabetes, including insulin, medication, monitoring, and lifestyle management for long-term control.