



# Certificate Course of Diabetes Educator

*Healthcare Education Certificate Program*

A 12-session certificate course that builds diabetes education skills — from nutrition basics and diabetes science to medical management, insulin therapies, complications, and self-monitoring education.

INVESTMENT

**₹19,999**

DURATION

**12 SESSIONS**

SCHEDULE

**1 CLASS / WEEK**

CLASS LENGTH

**2 HOURS**

LED BY

**Princy Rasaniya**

NUTRITION COACH

**ENROLL**

hello@acmeskillverse.com | +91 98264 35350

# Turn Nutrition Knowledge Into a Clinical Skill

Diabetes is one of the fastest-growing health concerns globally, and trained educators who can bridge nutrition science with medical management are in high demand. This course takes you from the fundamentals of nutrition and diabetes physiology through to insulin therapy, complications, and structured self-management education — the exact skill set clinics, hospitals, and wellness practices look for.

## What You Will Gain

- A clear, structured understanding of diabetes types, causes, and risk factors
- The ability to design and explain medical nutrition therapy and meal plans
- Working knowledge of insulin therapies, oral hypoglycemic drugs, and their side effects
- Skills to recognize and manage acute and chronic diabetes complications
- Confidence to guide patients through self-monitoring (SMBG & CGM) and lifestyle change
- An industry-recognized certificate to strengthen your practice or career

## Who Should Enroll

- Nutritionists and dietitians looking to specialize in diabetes care
- Nurses, pharmacists, and allied health professionals
- Fitness and wellness coaches expanding into clinical nutrition
- Anyone preparing for a career as a certified diabetes educator

# Basics of Nutrition and Diabetes

Module I lays the scientific foundation — how nutrients function in the body, how diabetes develops, and the educator's role in managing it.

## 1. Introduction to Nutrition

- Introduction to core nutrition concepts
- Nutrient requirements by the body
- Glucose utilization in the human body

## 2. Role of Carbohydrates, Fat, Protein

- **Carbohydrates**
  - Recommended intake
  - Simple CHO vs. Complex CHO
  - Benefits of dietary fiber
  - Glycemic Index of foods
- **Proteins**
  - Role of protein in a diabetic diet
  - RDA (Recommended Dietary Allowance)
  - Best food sources
- **Fat**
  - RDA for fat intake
  - Omega-3 fatty acids
  - Good dietary sources

## ③ CURRICULUM · MODULE I (CONTINUED)

### 3. Introduction to Diabetes

- What diabetes is and how it develops
- Types of Diabetes Mellitus
- Causes of Diabetes Mellitus
- Signs & symptoms
- Risk factors

### 4. Role of the Diabetes Educator

- Core responsibilities of the role
  - Aims of diabetes management
  - Approaches to diabetes prevention
- 

## ④ CURRICULUM · MODULE II

# The Science of Educating on Diabetes

Module II moves from theory into clinical application — medical nutrition therapy, insulin and drug therapies, and how to manage complications.

## 1. Medical Management and Diabetes

- Goals of nutrition therapy & maintenance of body weight
- Macronutrient ratios and glycemic load
- Glucose control and recommendations for specific situations
- Nutritional advice: non-nutritive sweeteners, alcohol & diabetes
- Food exchanges and meal planning (history, BMI, activity, monitoring progress)
- Healthy snacking options and the Plate Method
- Nutritional management of nephropathy and Type 1 DM
- Carbohydrate loading

## 2. Insulin Therapies

- The educator's role in insulin therapy and initiating treatment
- Insulin syringes: reuse, disposal, and alternatives
- Ways to take insulin and injection sites
- Insulin preparations and types
- Factors affecting insulin absorption
- Complications of insulin therapy and the Dawn Phenomenon

## 3. Oral Hypoglycemic Drugs

- Types of oral hypoglycemic drugs and mechanism of action
- Side effects, dosage, and contraindications

# Complications, Lifestyle & Monitoring

## 4. Acute Complications of Diabetes

- Hyperosmolar Hyperglycemia Syndrome — risk factors, pathophysiology, symptoms, treatment
- Hypoglycemia — causes, risk factors, symptoms, treatment
- Diabetic Ketoacidosis — signs, precipitating factors, management, treatment

## 5. Chronic Complications of Diabetes

- Vision loss and diabetic retinopathy
- Kidney disease (nephropathy) and peripheral neuropathy
- Heart disease & stroke
- Oral health problems and skin conditions

## 6. Dietary Considerations

- Energy, fiber, protein, fats, salt, alcohol, and sweeteners
- Functional foods for diabetes
- Dietary management for nephropathy & cardiovascular disease
- Lifestyle management

## 7. Exercise in Diabetes

- Physiology and effects of exercise; role of physical activity
- Duration guidelines and types of exercise
- Potential adverse effects of exercise

## 8. Clinical Monitoring & Self-Management Education

- Benefits and barriers of Self-Monitoring of Blood Glucose (SMBG)
- Bedside monitoring, SMBG devices, and biosensor technology
- Calibration and training on self-monitoring
- Continuous Glucose Monitoring Systems (CGMS) and their components

# Meet Your Instructor



## Princy Rasaniya

Clinical Dietician & Diabetes Educator

**Bsc (FSN), P.G in Dietetics, Msc (DFSM), CDE  
With 14 years of Experience**

Princy brings practical, real-world nutrition coaching experience to this diploma, guiding learners from foundational science to hands-on clinical diet planning.

✉ [hello@acmeskillverse.com](mailto:hello@acmeskillverse.com)

**WHATSAPP / CALL +91 98264 35350**

📍 209, 2nd Floor, Unity One Mall, Rajeev Gandhi Square,  
Indore-452001, Madhya Pradesh

FOLLOW US ON:

📷 @acme.skillverse

**ENROLL NOW — START YOUR JOURNEY IN NUTRITION SCIENCE**