



THE BRIDGE



# The **MENTOR** Program

September 26-28, 2022

Cairo, Egypt



THE BRIDGE



*THE BRIDGE is a nonprofit organization working to promote diabetes care, control, awareness, education, and scientific research. The advisory board includes senior consultants and faculty members of pediatric Diabetes.*

*The mission of THE BRIDGE is bridging the gap and **Moving Together All The Way** to optimize diabetes care and provide the standard of care among Egyptians with **DIABETES**.*

*We are **ADVOCATE** of **DIABETES***



THE BRIDGE



## *Welcome Note*

**Dear Participants and speakers,**  
*A warm welcome from Cairo!*

We are happy and proud to start the **MENTOR** program that is endorsed by ISPAD and LFAC. The program will be held in Cairo, "the Victorious City", from which we took its spirit and the enthusiasm to achieve our mission with bridging the gap and moving together all The Way to optimize diabetes. The **MENTOR** program is the first comprehensive program tailored for Diabetes educators. These 3 days are planned to be the first step to define the current gaps and clarify the next steps of our mission in providing a patient- centered multidisciplinary team.

We have worked hard to develop a comprehensive updated program aiming to provide an evidence-based education for educators. It is our wish to contribute to further advancement and optimization of diabetes care, leading our children and adolescents living with type 1 diabetes to a safe destination. The program couldn't have been completed without the support and guidance of **ISPAD** and the educational committee of the **ISPAD**. We are also very grateful for the support of **Life for a Child** in the process of reviewing and updating the content of the program.

With your interaction, we will bridge the gaps and move together all the way to optimize diabetes care and provide the standard of care among people living with DIABETES.

The **MENTOR** Program is made possible by the support of the **BRIDE-Diabetes Academy** team and our partners of success ISPAD, LFAC.

*We wish you a very pleasant and fruitful program.*

On behalf of the **BRIDE** team



THE BRIDGE



## *Intended Learning Outcomes of the Mentor program*

**By the end of the program, the participants will be successfully able to:**

- Diagnose type 1 diabetes and how to differentiate between different types of diabetes among children and adolescents including type 2 and monogenic forms of diabetes.
- Identify the important pillars for starting a multidisciplinary team and the importance of structured diabetes education.
- Identify the fundamentals of psychological care and when to suspect Diabetes distress and Burnouts.
- Identify the general principles of insulin therapy and starting patients on insulin with fine tuning of insulin dosage.
- Identify the targets of glycemic control.
- Know the role of breast feeding in immune status and protection from type 1 diabetes.
- Implement an individualized nutritional plan for children and adolescents with type 1 diabetes.
- Guiding patients on tips for healthy meal planning and methods of Carbohydrate assessment (Carb Counting).
- Management of diabetes during special situations.
- Principles of insulin pump
- SICK Day management and when to suspect DKA and refer to emergency department
- Management of Hypoglycemia
- Being updated with the recent trends in managing diabetes



THE BRIDGE



## “ THE MENTOR PROGRAM”

*Full Endorsement from ISPAD & LFAC*

### A G E N D A

Day - 1

26<sup>th</sup> September, 2022

Time	Duration	Topic	Speaker
09:00 am - 09:15 am	15 min	Registration	All
09:15 am – 09:30 am	15 min	Welcome & Introduction	<b>The Bridge President</b> Dr. Mohamed Shaarawy
09:30 am – 09:45 am	15 min	Getting to know each other	All
09:45 am – 10:00 am	15 min	Pre- Assessment	All
10:00 am - 10:45 am	45 min	All about Type 1 Diabetes	Dr. Mona Salem
10:45 am – 11:15 am	30 min	Comorbidities with Type 1 diabetes	Dr. Sameh Tawfik
11:15 am - 11:45 am	30 min	Implementation of multidisciplinary team (MDT) approach	Amanda Perkins, PNP
<b>11:45 am – 12:15 pm</b>	<b>30 min</b>	<b>Coffee Break</b>	<b>All</b>
12:15 pm - 01:15 pm	60 min	Diabetes psychology	Dr. Ghada Abdelrazik
01:15 pm - 02:00 pm	45 min	Insulin therapy in children and adolescents with diabetes	Amanda Perkins, PNP
02:00 pm - 02:30 pm	30 min	Glycemic control targets and glucose monitoring	Dr. Abeer Abdel Maksoud
<b>02:30 pm – 02:45 pm</b>	<b>15 min</b>	<b>Myths &amp; Facts in type – 1 Diabetes</b>	Dr. Abeer Abdel Maksoud
<b>02:45 pm – 03:00 pm</b>	<b>15 min</b>	<b>Closing the day &amp; Remarks</b>	All



THE BRIDGE



## “ THE MENTOR PROGRAM”

*Full Endorsement from ISPAD & LFAC*

### A G E N D A

Day – 2

27<sup>th</sup> September, 2022

Time	Duration	Topic	Speaker
10:00 am – 10:30 am	30 min	The Role of breast feeding in protection from T1DM	Dr. Faten Emara
10:30 am - 11:00 am	30 min	Nutritional management in children and adolescents with diabetes	Dr. Yasmin Gamal
11:00 am - 11:30 am	30 min	Addressing nutritional challenges among specific groups	Dr. Yasmin Gamal
11:30 am - 12:30 pm	60 min	Methods of carbohydrate assessment	Amanda Perkins, PNP
<b>12:30 pm - 01:00 pm</b>	<b>30 min</b>	<b>Coffee Break</b>	<b>All</b>
01:00 pm – 01:30 pm	30 min	Challenge your-self!	All
01:30 pm - 03:00 pm	<b>90 min</b>	Management of diabetes during special situations: 1- Exercise & vacations 2- Surgery 3- Ramadan 4- Nursery & School time	Dr. Khaled Khashab Dr. Ahmed Arafa Dr. Ahmed Arafa Dr. Noha Arafa
<b>03:00 pm – 03:15 pm</b>	<b>15 min</b>	<b>Myths &amp; Facts in type -1 Diabetes</b>	<b>Dr. Yasmin Elhenawy</b>



THE BRIDGE



## “ THE MENTOR PROGRAM”

Full Endorsement from ISPAD & LFAC

### A G E N D A

Day - 3

28<sup>th</sup> September, 2022

Time	Duration	Topic	Speaker
10:00 am - 10:30 am	30 min	Overview of continuous subcutaneous insulin infusion (CSII) and different types of CSII	Dr. Nouran Khaled
10:30 am - 11:00 am	30 min	General guidelines for initial pump settings	Dr. Nouran Khaled
11:00 am - 11:15 am	15 min	Care of infusion site	Dr. Nouran Khaled
11:15 am – 11:45 pm	30 min	Overview of sensor-augmented pump (SAP) and continuous glucose monitoring (CGM) initiation and set up	Dr. Nouran Khaled
<b>11:45 am - 12:15 pm</b>	<b>30 min</b>	<b>Coffee Break</b>	<b>All</b>
12:15 pm - 12:45 pm	30 min	Overview of CGM & Flash Glucose Monitoring system (FGM)	Dr. Yasmin El Henawy
12:45 pm - 01:15 pm	30 min	Management of acute complications of diabetes: <ul style="list-style-type: none"> <li>• Hypoglycemia</li> <li>• Sick day management</li> </ul>	Dr. Shereen Abdel Ghaffar
01:15 pm – 01:45 pm	30 min	Recent updates in managing diabetes	Dr. Amanda Perkins Dr. Yasmin Elhenawy
<b>01:45 pm – 02:15 pm</b>	<b>15 min</b>	<b>Myths &amp; Facts in type -1 diabetes</b>	<b>Amanda Perkins, PNP</b>
<b>02:15 pm – 02:30 pm</b>	<b>15 min</b>	<b>Closing of the Program &amp; Remarks</b>	<b>All</b>



THE BRIDGE



## *Important information for participants*

Dear Participants,

Please be aware that attending the 3 days is mandatory to receive your certification and CME points. Additionally, passing the post-course evaluation is required for certification (at least 80% is required to pass the evaluation).

Please note you are kindly requested to fill the evaluation forms that will be filled electronically.

The post-course evaluation date will be announced, and the duration of the exam is 60 minutes, please note that 60 minutes after logging-on, no more responses will be submitted. The evaluation form sent by email is personalized to each participant.

If you have any questions don't hesitate to send an e-mail to:  
[admin@thebridge-diabetes.com](mailto:admin@thebridge-diabetes.com)

We wish you a very pleasant and fruitful program.

*BRIDGE-Diabetes Academy Team*