

DNIG Diabetes Nurses Interest Group

Speaking out for Diabetes Prevention and Management

DNIG NEWSLETTER | Fall 2023

DNIG.ca |  @DNIGRNAO

INTRODUCTION FROM THE CHAIR

Lisa Herlehy



Hello to DNIG members across Ontario. Welcome to our Fall 2023 newsletter, which features our latest updates and learning opportunities.

We are excited to welcome two new members to our Executive Committee, registered nurses Sepelene Deonarine (Policy & Political Action) and Khulood

Al-Dabous (Membership). They come to DNIG with many years of varied work experience and advocacy within diabetes nursing. You can get to know more about Sepelene and Khulood in this issue.

Also inside is information about upcoming diabetes conferences, including Vascular 2023, a 5-day conference in Montreal this October. We hope to provide conference funding for interested and eligible DNIG members. For those looking for virtual learning opportunities, we've also included a list of free diabetes-related webinars and courses. ■



SAVE THE DATE

**Webinar | Thursday,
November 9, 2023**



We're excited to announce an upcoming webinar facilitated by registered nurse and PhD student **Damilola Iduye**. Damilola's research looks at the experiences of Black people in Canada with type 2 diabetes.

Stay tuned for more details! ■

Have your say!

DNIG is looking forward to the start of a new membership year, welcoming both new and renewing members.

As always, feel free to send your comments to dnig.info@gmail.com.

DNIG

DNIG provides:

- support for continuing nursing education
- a network for information sharing and professional collaboration
- advocacy on quality of care and professional nursing

Membership ENO Khulood Al-Dabous



Khulood Al-Dabous is currently employed as a Diabetes Nurse Educator at Michael Garron Hospital in Toronto. She is also involved with the Michener Institute at UHN as an external facilitator for the Diabetes Educator Certificate Program. This will be her first year as the DNIG Membership Executive. Her previous diabetes work experience includes South Riverdale CHC, and Anishnawbe Health Toronto. Prior to nursing, Khulood's academic and professional background was in nutrition, which may explain her passion for diabetes self-management education.

Khulood is in her second and last year of the MN-NP program at the University of Toronto. She hopes to be a primary care nurse practitioner with a strong focus on diabetes management. In her spare time, she loves finding hidden nature trails and going for long walks, exploring all the culinary diversity that Toronto has to offer, and the occasional kickboxing session. ■

Policy and Political Action ENO Sepelene Deonarine



Sepelene Deonarine has been an active member of RNAO for 30+ years and is one of the founding members of the Registered Nurses Association of Ontario (RNAO), International Nurses Interest Group (INIG) and is proud to be a sustaining member since its inception. She is a Chapter member of Durham and its Policy and Political ENO (2018–2021), Past Membership ENO INIG for four years, Policy and Political ENO INIG (2019–2023); present member of the Diabetes Nurses Interest Group (DNIG)

and INIG, and past member of the Provincial Nurses Educator, the Maternal and Child and the Community Health – Nurses Interest Groups; member of the International Diabetes Federation (IDF) and Diabetes Canada (DC); DC Outreach Education, Regional Representative and Advocate (2013 to present).

Sepelene has been employed in a variety of settings: hospitals, community, government ministries and academia. She gained a vast amount of experience and expertise in clinical, leadership and administration as Manager and Education Coordinator for Maternal and Child Programs, and educator in the community and academia, staff nurse and Master Trainer in a Chronic Disease Self-Management Program. Presently she works in the Durham Region Immunization Program.

She is very community oriented: Chair of Ajax Accessibility Advisory Committee, Board Vice Chair of Ajax Libraries, Member of the Age Friendly Committee of Ajax, Member of the Community Advisory Panel to the Board of the Lakeridge Group Hospitals, Confirmation Catechist for grade 7/8 for St Francis De Sales Parish. She is the recipient of a few community awards of distinction: Ontario Volunteer Service Award 2021, Town of Ajax: Community Award 2020, Education Award 2018 and Health and Social Services Award 2017, Prestigious Town of Ajax Civic Award 2016. She received the RNAO Policy and Political Award of Excellence in 2020, Meredith Award Ministry of Labour in 2019 and Diabetes Canada Regional Volunteer of the Year Award for Ontario in 2017. ■

Free Online Learning Opportunities

Interested in learning more about diabetes management and related topics? Check out the following websites for informative webinars, podcasts and courses! Click on the blue title to take you to the corresponding website.

Timed Right	Their “22 Minute Takeaway Series” features brief webinars on subjects such as best practice guidelines, chronic kidney disease and diabetes in women. Sign up for a free account to view.
Diabetes Canada: Diabetes and Obesity	Created for diabetes educators, this 5-part education series provides practical information and resources around obesity management.
Diabetes Canada: Webinars and Podcasts	If you’re a podcast fan, Diabetes Canada’s “Healthcare Huddle” might be the perfect listen during your next commute or trip.
International Diabetes Federation: Webinars	A collection of diabetes-related webinars from an international perspective, including access to insulin during humanitarian emergencies.
International Diabetes Federation: Accredited Courses	Earn a “Certification of Completion” for completing courses on topics such as biosimilar insulins and diabetes management during Ramadan. Their newest course on oral agents for Type 2 diabetes may be found here .
Juvenile Diabetes Research Foundation: Mental Health and Diabetes Training Program	These 6 self-guided modules for health care professionals address the knowledge gap pertaining to mental health and diabetes (free for a limited time).
University of Alberta: Faculty of Medicine and Dentistry	Click on the “Diabetes” tab to review their offerings, which include webinars on pediatric DKA and Type 2 diabetes remission.



Upcoming Conferences

DNIG Supports Members in Ongoing Learning

**Diabetes Canada Conference
DC/CSEM Conference at Vascular 2023**
October 25–29, 2023
Palais des congrès de Montréal, Montreal
tinyurl.com/22rsdpy3

IDF Virtual Conference
December 4–7, 2023
Virtual
idf2023.org

**American Diabetes Association (ADA) Clinical Update
Conference**
February 2–4, 2024
Orlando, Florida
In-person and virtual
[professional.diabetes.org/meeting/
local-continuing-education-activities/2024-clinical-up-
date-conference](https://professional.diabetes.org/meeting/local-continuing-education-activities/2024-clinical-update-conference)

**DIABETES
CANADA**

**IDF CONGRESS
2023
VIRTUAL**

 **American
Diabetes
Association®**



Conference Funding Application

Name

Address

City

Province

Postal Code

Phone

Email

RNAO membership #

DNIG Membership duration

Employment status Full time Part time

Employer

Please tell us about the conference you wish to attend, approximate distance and your anticipated mode of transportation:

* **NOTE:** For reimbursement of agreed upon amount, an **expense report** and all receipts are to be submitted to DNIG, no later than 1 month following conference completion. Recipients are also asked to submit a **written report** on their experience to DNIG executive to share with membership.

Please attach a 1-page document (maximum 500 words) outlining why you qualify for this funding.

This brief personal summary must include:

1. Identified professional objectives for attending the diabetes conference.
2. Identified involvement (past/present) in diabetes professional practice/DNIG.
3. Identified strategy for sharing learning with nursing colleagues.

Please supply one professional reference:

Name

Phone number

I certify that all information contained in this application is true and accurate.

Applicant signature

Date

Please send completed scanned applications and any questions to Lisa Herlehy at dnig.info@gmail.com.



Virtual Conference Funding

Virtual learning experience continue to be sponsored by DNIG throughout 2022. You are invited to submit your application for one (1) of ten (10) educational awards to attend a virtual conference, symposium, workshop or course.

These bursaries were developed to support the studies and clinical capabilities of all members. Each bursary, up to a maximum of \$500.00, will be awarded to cover virtual event registration fees.

Eligibility:

- Candidates must be DNIG members for one year or longer.
- Nine (9) non-student members and one (1) student member.
- Virtual programming is for 4 hours or longer.
- Content is relevant to the care of persons with diabetes.

Application Process Guidelines

1. Complete the application form.
2. Submit application form at least 14 days before the start of the event to dnig.info@gmail.com.
3. Selected bursary recipients will be asked to provide the official registration receipt and proof of event attendance. ■

Virtual Learning Funding Application

Name _____

Address _____

City _____ Province _____

Postal Code _____ Phone _____

Email _____

RNAO membership # _____ DNIG Membership duration _____

Employment status Full time Part time

Employer _____

Please tell us about the conference you wish to attend: _____

*** NOTE:** For reimbursement of agreed upon amount, all receipts are to be submitted to DNIG, no later than 1 month following event completion.

Please attach a 1-page document (maximum 500 words) to your application form stating your learning objectives and the relevance of the event's information for your professional nursing activities

I certify that all information contained in this application is true and accurate.

Applicant signature _____ Date _____

Please send completed scanned applications and any questions to Lisa Herlehy at dnig.info@gmail.com.