

DNIG Diabetes Nurses Interest Group

Speaking out for Diabetes Prevention and Management

DNIG NEWSLETTER | Spring 2026

DNIG.ca |   @DNIG.RNAO

MESSAGE FROM THE CHAIR

Shannon Dugas, RN, MBA, MPH, CDE, dnigchair@gmail.com



Now more than ever, nursing political advocacy is essential. As healthcare spending decisions are made, we must make our collective voices heard. The good news is that not all political actions are laborious, they can be small and meaningful in addressing the Social Determinants

of Health. As an example, I implore you to look at RNAO's [Action Alerts](#) and take action almost effortlessly!

Speaking of advocacy, please read about DNIG's trip to Queen's Park Day at RNAO Home Office in February 2026. There is also a sneak peek of pictures showing how RNAO's home office has been transforming.

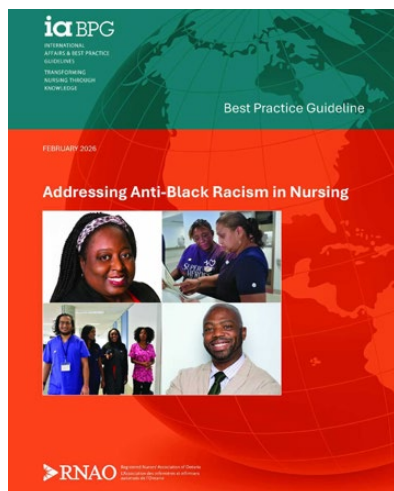
I also wanted to highlight an extremely important and newly released RNAO Best Practice Guideline, *Addressing Anti-Black Racism in Nursing*, in case you were not aware of it. This is a monumental achievement and important for all

nurses to review. The esteemed panel responsible for its creation are trailblazers who are using their lived experiences, evidence and insights to improve the nursing profession through this powerful guideline.

In today's healthcare landscape, both diabetes and mental health challenges are on the rise, yet for patients with these comorbidities, their care often remains fragmented. This demonstrates the importance of ensuring holistic patient support. In light of this important issue, join our collaborative event with MHNIG and DNIG for an engaging virtual session that explores the critical connection between these two intersecting areas of care. This collaborative discussion

They are trailblazers who are using their lived experiences, evidence and insights to improve the nursing profession.

will highlight how mental health impacts diabetes management and outcomes, while offering practical strategies to support more integrated, compassionate, and patient-centred care.



Queen's Park Media Conference for the release of *Addressing Anti-Black Racism in Nursing* Best Practice Guideline; left to right: NP Lhamo Dolkar, RNAO president, Dr. Angela Cooper Brathwaite, Dr. Bukola Salami and Dr. Stephanie Buchanan.

Taking place on April 14, 2026, from 12:10 - 1:00 PM via Zoom, this session is a valuable opportunity for healthcare professionals to deepen their understanding and be part of advancing more cohesive care approaches.

Just a reminder that RNAO's AGM is being held May 28 and 29 in Toronto. It is themed on *Building on our Legacy, Nurses Powering the Future*. Click on the photo to go to the event page.



Further in our newsletter, DNIG member, Rawan Nofal shares her experiences at Diabetes Canada's 2025 Conference held this past November in Toronto. This was supported by DNIG funding. Please see the end of the newsletter on how to apply to DNIG funding yourself.

As always, I want to invite our DNIG members to connect with us! We always email events but it is nice to have a backup in place so that members don't miss events that interest them. DNIG is now proud to announce that we have [LinkedIn](#), please add us!

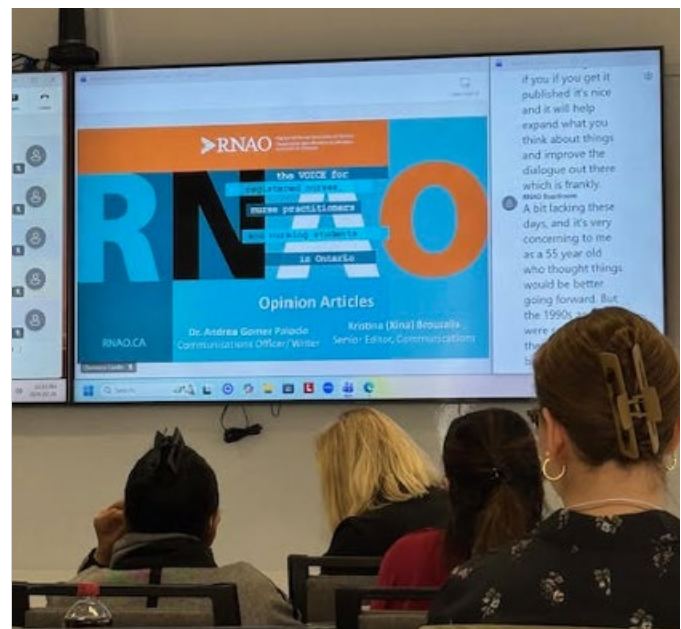
Don't forget to stay connected to DNIG's [Instagram](#) which is headed by DNIG's Social Media ENO, Rylan Copeman. There have been recent instagram giveaways that you won't want to miss!

As always, if you have any questions, please reach out to your executive at: dnigchair@gmail.com or visit our website RNAO.ca. ■

QUEEN'S PARK DAY

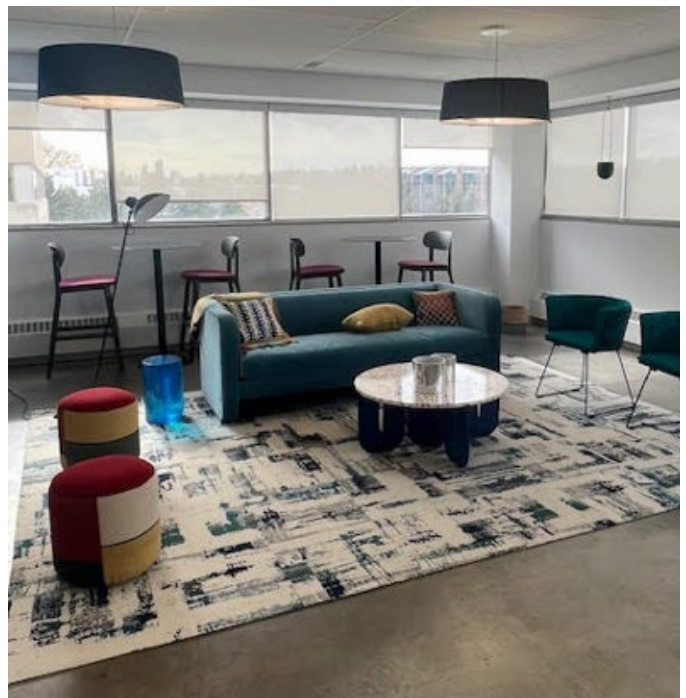


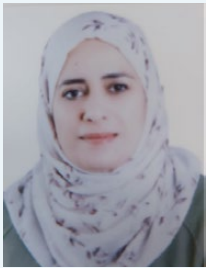
DNIG's Shannon Dugas, Zare Mae Manantan-Prado (Policy and Political Action Executive Nursing Officer) and Lindsay MacLennan (Communications Executive Nursing Officer) attended the event at the end of February. It was held at RNAO's home office, and unfortunately since the Legislative Assembly of Ontario was not sitting at the time of the event, we were unable to meet with MPPs to discuss important issues. RNAO announced that going forward Queen's Park Day will be held in November which may mitigate some of these scheduling issues.



Sneak Peek Tour of RNAO Home Office

Highlighting the Intersectionality of Nurses in Ontario





How DNIG is Supporting its Members

Rawan Nofal, RN, BScN, MEd, CDE

Support from the Diabetes Nursing Interest Group (DNIG) enabled me to attend the Diabetes Canada Conference, which has had a meaningful impact on my diabetes education practice.

Being present at a national meeting exposed me to current evidence, latest guidelines, and practical strategies for person-centred diabetes care in a way that is difficult to duplicate through reading alone. Plenary sessions and streams helped me better grasp challenging topics such as AI in endocrine science and therapeutics, critical periods in diabetes risk (early life, puberty & pregnancy), sleep/insomnia and cardiometabolic complications, and lipodystrophy and mechanisms of insulin resistance. Hearing experts break down new research, followed by clinicians explaining how they apply it in everyday practice, has really closed the gap between big ideas and what I do daily.

I visited the exhibit hall, which gave me a closer look at new tech, tools, and teaching aids that fit right into patient-focused diabetes care. There were booths for continuous glucose monitors, insulin pumps, health-tracking apps, and other tools that keep you up to date on what's

changing in real clinics. Exhibitors let you try out devices, learn troubleshooting tips, and get the full scoop on how they work and the evidence behind them. On top of that, I picked up patient handouts, support group information, and free samples from companies, all of which will further enhance my role and allow me to guide patients in the right direction when needed.

The conference also strengthened my ability to deliver more structured, evidence-based diabetes education. Exposure to updated clinical practice recommendations enabled me to refine the content of my teaching sessions, particularly on glucose monitoring, medication optimization, and complication prevention. I have since integrated more concise explanations of targets, risk factors, and decision-making into my counselling. In addition, networking with nurse educators, dietitians, pharmacists, and endocrinologists from other regions has expanded my informal support system. Overall, DNIG's funding did more than cover travel and registration costs: it created a professional development experience that has directly enriched the quality of my diabetes education work. ■

Upcoming Events & Conferences

DNIG supports Members in Ongoing Learning

April 14, 2026 1210-1 pm
MHNIG and DNIG Collaboration Webinar: The Link Between Diabetes & Mental Health
Virtually via Zoom

April 23-25, 2026
DUO 2026 - Diabetes Update / Obesity Update
In-person (Toronto) and Virtual

April 25, 2026
Professional Development Foot Care Conference
In-person (London) or Virtual

May 1-2, 2026
Heart Failure Update
In-person (Montreal)

May 4-7, 2026
Diabetes Update 2026 by Harvard Medical School
Live Online

May 22-24, 2026
Canadian Association of Foot Care Nurses AMM & National Hybrid Conference
In-person (Toronto) and Virtual

May 29-30, 2026
Canadian Council of Cardiovascular Nurses 2026 Annual Spring Conference
In-person (Saskatoon)

June 5-6, 2026

**Canadian Association of
Cardiovascular Prevention and
Rehabilitation 2026 Spring
Conference**

In-person (Toronto)

June 5-8, 2026

**American Diabetes Association
Scientific Sessions**

*In-person (New Orleans, LA) or
On-Demand*

October 15-17, 2026

Canadian Cardiovascular Conference

In-person (Ottawa) or On-Demand

October 22-24, 2026

**Wounds Canada National Hybrid
Conference**

In-person (Niagara Falls) or Virtual

Nov 18-21, 2026

**Diabetes Canada Professional
Conference**

In-person (Vancouver) or On-Demand

CONTINUING EDUCATION

Learning Opportunities

Diabetes Education Program

George Brown College

A comprehensive 4 course diabetes education program including health assessment and relational practice courses. Various start dates. Check individual courses for application dates.

[coned.georgebrown.ca/courses-and-programs/
diabetes-education-program](https://coned.georgebrown.ca/courses-and-programs/diabetes-education-program)

Diabetes Educator Certificate Program

The Michener Institute

6 month program that you will need to dedicate 6-8 hours a week to study and assignments.

Also at Michener

- Foundations of Foot Management in Diabetes
- Intensive Insulin Management
- Diabetes Management in Pregnancy

michener.ca

Type 1 Diabetes Educator Certificate Program

Ontario Tech University

The total course consists of eleven (11) modules intended to share extensive knowledge about type 1 diabetes, its treatment, care options and techniques specifically for care professionals who work with (or want to with) people living with type 1 diabetes. These modules provide a solid foundation of practical clinical knowledge of type 1 diabetes. Completion time is 2 years.

ontariotechu.ca

Diabetes Educator Course – On-Demand

Kinghooper Diabetes Education Inc.

Comprehensive course for health professionals. Through presentations and case-study discussions with a variety of experts, covers the newest approaches to diabetes management. Goal is to update understanding of the complexities of diabetes care and patient education.

kinghooper.com

CDECB

Start thinking about obtaining your diabetes educator certificate through the Canadian Diabetes Certification Board. Please note the requirements prior to applying.

www.cdec.ca/professionals/how-to-become-a-cde/

American Diabetes Association

Free ongoing education courses.

professionaleducation.diabetes.org/Catalog/Learning

DNIG Direct Funding Support for Learning Opportunities

The Diabetes Nurse Interest Group (DNIG) is committed to supporting members' ongoing education and professional development. For the membership year 2025-26 we're pleased to offer funding support for both virtual and in-person learning opportunities to help members enhance their professional growth and diabetes care expertise.

The following awards will be offered on a first come, first served basis. A maximum of \$10,000 in total funding will be available each year.

Virtual Learning Opportunities

DNIG offers **two levels of funding** for members attending virtual conferences, symposiums, workshops, or courses:

- **Single Virtual Events** (4 hours or longer): up to \$500
- **Multi-Day Virtual Courses:** up to \$1,500 to cover registration and textbook or other course associated fees

FUNDING AVAILABLE:

- Up to four (4) awards for **non-student** DNIG members in Virtual Event category
- Up to one (1) award for a **student** member in Virtual Event category
- Up to four (4) awards for **non-student** DNIG members in Course category

In-Person Conference Attendance

DNIG also offers one-time funding of up to \$1,500 to support attendance at in-person conferences.

FUNDING AVAILABLE:

- Up to four (4) awards for **non-student** DNIG members
- Up to two (2) awards for **student** members

Application Criteria

To apply for DNIG funding support:

- Complete the official **DNIG Funding Application Form** and send to dnigchair@gmail.com
- Submit your completed form **at least 14 days before** the start of your event.

To receive funding, DNIG requires:

- Membership in DNIG of **at least one (1) year** prior to application
- An **official registration receipt**
- **Proof of attendance** or **certificate of successful completion**
- A **commitment to share your learning** with DNIG members through **newsletter submission** or webinar presentation
- A completed expense form accompanied by receipts **no later than 30 days** following completion course/ event.

When approved for funding, an **official expense form** will be provided.

Funds will be **e-transferred upon completion** of all requirements.



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 the DNIG executive at dnigchair@gmail.com.



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 the DNIG executive at dnigchair@gmail.com.