**Link between goals – activities – outcomes**

**Goal**

To increase my knowledge and understanding of carbohydrate counting so that I can provide advice to my clients confidently.

**Activities**

**Category 1**

1. **Webinar held by Diabetes Australia** on carbohydrate counting where I learnt the theoretical aspects of carbohydrate counting and how it applies to insulin management

**Evidence required:** Certificate of attendance

1. **Self-directed** **learning** -Attended Diabetes clinic with the Dietitian where I observed her providing advice on carbohydrate counting to a client.

**Evidence required**: Email from the dietitian agreeing to you sitting in on her clinic.

**Category 3**

**Literature review:** *Understanding Carbohydrate counting and its relationship to insulin management in type 1 diabetes, Blogs and blogs 2016.* The authors of this article presented a case study on diabetes management in type 1 diabetes utilising carbohydrate counting and compared it to the older style of education where set carbs were prescribed per meal. The outcome of the article was greater freedom of choice for the patient and better self-management techniques.

**Evidence required:** Application should include a brief description of what the article was about and a critical review of the article.

**Outcomes**

Over the past twelve months I have increased my knowledge and understanding of carbohydrate counting through the activities I have undertaken. I have confidently provided advice to six clients and I have received positive feedback during a peer review from the dietitian that I have been working with.

Carbohydrate counting is increasingly being used by people with type 1 diabetes, particularly those using an insulin pumps. To understand the workings of the insulin pump or appropriate multiple daily injection regimens and to be able to better educate my patients, it is important I am able to understand and explain carbohydrate counting techniques.