



ÖDG Österreichische Diabetes Gesellschaft
helfen, heilen, forschen



International Research Group Functional
Rehabilitation & Group Education,
Medical University of Vienna
organizes

under the auspices of
AUSTRIAN DIABETES ASSOCIATION
and
DIABETES EDUCATION STUDY GROUP
of the European Association for the Study
of Diabetes

**11. International
FIT- Training Workshop
for Physicians and Diabetes Counsellors
on Functional Insulin Therapy (FIT)
Outpatient Modular Training System
for Best Benchmarking Outcomes**

Venue

Medical University of Vienna
AKH General Hospital
Währinger Gürtel 18-20
A 1090 Vienna, Austria

Tel.: +43 1 40 400 3981
Fax: +43 1 40 34 951

Post-EASD workshop:
Friday, October 2nd 2009, 5 p.m.
until Sunday, October 4th 2009, 2 p.m.

Major Topics / Emphasis of the Seminar

Teaching contents in various stages of rehabilitation in diabetes, practice and didactics of self management and multiple insulin injections (or CSII/ pump therapy). Active participation in an **interactive live FIT training** with new patients on the **“second stage”**. Estimation of initial FIT algorithms (therapy switch-over) and further optimisation of patient’s individual insulin algorithms – **“insulin games”**. Practice of outpatient care.

Translational research with modular training system with emphasis on: FIT, hypertension-/nephropathy prevention training, pregnancy- and childbirth preparation, slim-n-FIT module, hyperlipidaemia- module, FIT-update, Pumpin’ eve module as an introduction to the pump therapy.

Therapeutic Patient Education: First module of the Diabetes Education Study Group curriculum (EASD).

Solution Focus in diabetes counselling. Quality management for the best benchmarking outcomes and ISO 9001. Structure- process- and performance quality indicators.

Practical skills: ABPM, continuous glucose sensing, insulin pumps (CSII), ophthalmoscopy, heart rate variability (HRV) for autonomic neuropathy assessment. Lectures, interactive exercise and group work with international experts.

New: Controversies in insulin analogues.

**!! Free introductory symposium during the EASD congress:
Monday, September 28th, 2009 2.30-5p.m., Lehar Hall 3 & 4.**

Application

In writing / via e-Mail, including your educational activities and participation fee payment until **September 5th, 2009:**

FIT seminar coordination group

**Univ.-Prof. Dr. Kinga Howorka, MBA, MPH
Research Group Functional Rehabilitation and Group
Education, Medical University of Vienna, AKH 4L,
Währinger Gürtel 18-20, A 1090 Vienna
Tel: +43 1 40 400 3981. Fax: +43 1 40 34 951
E-mail: kinga.howorka@meduniwien.ac.at**

Participation fee: 290,- EUR (**“early-bird” fee until August 9th, 2009:** 250,- EUR). **Payee:** Forschungsgruppe Funktionelle Rehabilitation eV. (Research Group Functional Rehabilitation). Account Nr **IBAN** AT07 1200 0516 4197 3801, **BIC:** BKAUATWW. For other details please visit our website www.diabetesFIT.org and the confirmation mail.

References: Functional Insulin Treatment. Howorka, Springer Berlin,. (e.g. amazon.de); Patient manual „Insulin-abhängig?...“ (www.kirchheim-verlag.de), 8th ed, 2009, and English Version (www.lulu.com).

Registration Form

11. International FIT- Training Workshop for Physicians and Diabetes Counsellors on Functional Insulin Therapy (FIT), Outpatient Modular Training System for Best Benchmarking Outcomes, Medical University Vienna, October 2-4, 2009.

Surname/Name/Title:.....

Address (private institution).....

.....

Occupation/Function:.....

Phone/Fax:/.....

Mobile (optional):

Email:

Involved (and how) in patient education?:.....

.....

I would like to introduce my educational model and outcomes as a poster **or** a short presentation. My abstract follows by e-Mail until September 5th, 2009.

Please declare your preferred language for the workshop:

English

German

The workshop language will be decided upon the majority of interest. Please inform us, if you *exclude* one of these languages:.....

Important notice for multilingual Europe©: there would be an option of FIT education for English-speaking patients. If you as a therapist would like to include one in the patient sessions, please contact our team directly until August 9th, 2009.

I confirm the payment of the participation fee as indicated.

Date

Signature

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Academic leadership

Univ.-Prof. Dr.med.Kinga HOWORKA, MBA, MPH
Internal Medicine and Diabetes Specialist
Dr. med. Jiri PUMPRLA, MBA, MPH
Dr. med. Michaela GABRIEL
DKS Elsa PERNECZKY
Cand.med. Nora HOWORKA
Dr. med. Marietta PUCK
Dr. med. Heike ZENKER

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Functional
Insulin Therapy

Outpatient Modular Training
System for Best
Benchmarking Outcomes

Univ.-Prof. Dr.med. Kinga Howorka
2. – 4. October 2009
(post-EASD workshop)

Medical University of Vienna
AKH General Hospital,
Währinger Gürtel 18-20,
1090 Vienna, Austria

TO

FIT Workshop Coordination Group

Univ.-Prof. Dr. med Kinga Howorka, MBA, MPH
AKH General Hospital 4L
Währinger Gürtel 18-20
1090 Vienna.
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