

Appendix A - Competency Profile - CP

Competency Number	Competency
Pathophysiology	
1.B	Distinguishes between the major types of diabetes in terms of etiology, signs and symptoms, incidence and prevalence.
1.C	Identifies normal and abnormal blood glucose ranges in fasting and postprandial states.
1.D	Identifies the diagnostic criteria for all types of diabetes.
1.E	Describes the effects of endogenous insulin, counterregulatory and gut hormones.
1.F	Identifies the effects of hormones on blood glucose levels during each life stage.
1.G	Describes the impact of lifestyle, genetics and body composition on diabetes.
1.H	Describes the impact of lifestyle on the development of type 2 diabetes.
1.I	Describes strategies for the prevention of and/or the remission of diabetes.
1.J	Differentiates between hyperglycemia, diabetic ketoacidosis (DKA) and hyperosmolar hyperglycemic state (HHS).
1.K	Describes the pathophysiology of the dawn phenomenon.
1.L	Identifies situations where a medication or medical condition may be related to the development of diabetes.
Nutrition	
2.A	Describes the effects of macronutrients on diabetes.
2.B	Identifies the major food sources of macronutrients.
2.C	Assesses nutrition education needs.
2.D	Identifies various nutrition strategies for diabetes management.
2.E	Identifies nutrition strategies to address socio-economic and lifestyle factors.
2.F	Identifies nutrition strategies for persons with diabetes who have complications or comorbidities.
2.G	Describes the principles, process and application of carbohydrate counting.
2.H	Identifies nutrition strategies for sick day management.
Medications	
3.A	Describes different types of non-insulin antihyperglycemic agents in terms of mechanism of action, indication, adverse effects and other therapeutic considerations.
3.B	Describes different types of insulin in terms of time-action profile, adverse effects and other therapeutic considerations.
3.C	Identifies specific therapeutic regimens based on client characteristics and properties of the treatment.
3.D	Describes various insulin delivery systems and their advantages or disadvantages.
3.E	Identifies appropriate injection technique.
3.F	Describes recommendations for the handling and storage of antihyperglycemic agents in a variety of situations.

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3.G	Identifies appropriate antihyperglycemic agent adjustments.
3.H	Describes the impact of various prescription medications on diabetes management.
3.I	Describes the impact of various non-prescription medications and natural health products on diabetes management.
Self-Care Management: Hypoglycemia	
4.1.A	Describes hypoglycemia in terms of signs, symptoms, causes, prevention and management.
4.1.B	Identifies hypoglycemia unawareness in terms of signs, symptoms, causes, prevention and management.
4.1.C	Identifies nocturnal hypoglycemia in terms of signs, symptoms, causes, prevention and management.
4.1.D	Describes pseudo-hypoglycemia in terms of signs, symptoms, causes, prevention and management.
Self-Care Management: Hyperglycemia	
4.2.A	Describes hyperglycemia in terms of signs, symptoms, causes, prevention and management.
4.2.B	Describes DKA and HHS in terms of signs, symptoms, causes, prevention and management.
4.2.C	Identifies appropriate self-care actions during a period of concurrent illness.
Self-Care Management: Physical Activity	
4.3.A	Describes the physical activity recommendations for individuals with diabetes.
4.3.B	Describes the benefits and risks of various physical activities for individuals with type 1 diabetes.
4.3.C	Describes the benefits and risks of various physical activities for individuals with type 2 diabetes.
4.3.D	Identifies strategies to manage the effects of physical activity for individuals with diabetes.
Self-Care Management: Monitoring	
4.4.A	Describes the benefits and appropriate scheduling of SMBG.
4.4.B	Describes the purpose and methods of quality control for SMBG.
4.4.C	Describes the factors contributing to variance, and acceptable levels of variance, between SMBG and laboratory results.
4.4.D	Describes benefits, indications and limitations for the use of continuous glucose monitoring (CGM) and flash glucose monitoring (FGM) systems.
4.4.E	Identifies situations for and limitations of alternate site testing.
4.4.F	States the definition, interpretation, purpose, limitations and recommended frequency of A1C and alternate laboratory testing.
4.4.G	Identifies individualized glycemic treatment targets.
4.4.H	Describes the recommendations for ketone testing.

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Self-Care Management: Foot Care	
4.5.A	Describes strategies to prevent foot problems.
4.5.B	Describes symptoms of potential foot problems.
4.5.C	Identifies interventions for clients with foot problems.
Microvascular and Macrovascular Complications	
5.A	Identifies the potential microvascular and macrovascular complications of diabetes.
5.B	Describes the pathophysiology of microvascular and macrovascular complications of diabetes.
5.C	Identifies the risk factors which contribute significantly to microvascular complications of diabetes.
5.D	Identifies the risk factors which contribute significantly to macrovascular complications of diabetes.
5.E	Describes the recommendations for screening for microvascular and macrovascular complications of diabetes.
5.F	Describes the recommendations for prevention and management of microvascular complications of diabetes.
5.G	Describes the recommendations for prevention and management of macrovascular complications of diabetes.
Psychosocial/Lifestyle	
6.A	Identifies the psychosocial impact of the diagnosis of diabetes, complications and comorbidities.
6.B	Identifies the impact of socio-economic status, environment and daily living on diabetes management.
6.C	Identifies psychosocial strengths and barriers to diabetes management.
6.D	Identifies the psychosocial impact of hypoglycemia and/or hyperglycemia on diabetes management.
6.E	Identifies the impact of diabetes on life situations (e.g. interpersonal relationships, vocation, and education).
6.F	Identifies the interaction between diabetes and the stages of life.
6.G	Differentiates between grieving and depression in the context of diabetes.
6.H	Differentiates between diabetes distress and major depressive disorder (MDD).
6.I	Identifies situations when psychological intervention is required.
6.J	Identifies the effects of stress on diabetes management.
6.K	Identifies the effects of substance abuse on diabetes management.
6.L	Identifies the interaction between diabetes and sexual health and its impact.
6.M	Identifies the impact of culture and beliefs on diabetes management.
6.N	Identifies the effects of psychiatric disorders on diabetes management.
6.O	Identifies the relationship between disordered eating and diabetes management.

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Special Situations	
7.A	Identifies aspects of assessment and diabetes management for the elderly.
7.B	Identifies aspects of assessment and diabetes management for children and adolescents.
7.C	Identifies aspects of assessment and diabetes management for pregnancy.
7.D	Describes strategies for diabetes management in relation to travel.
7.E	Describes strategies for diabetes management in relation to medical procedures, surgery and diagnostic tests.
7.F	Describes strategies for diabetes management in relation to fasting for an extended period of time.
7.G	Describes strategies for diabetes management in relation to driving.
Education/Research	
8.A	Applies principles of learning to the development of client management plans.
8.B	Adapts management strategies based on principles of motivational interviewing.
8.C	Applies knowledge of the social determinants of health to diabetes management.
8.D	Identifies principles of program development.
8.E	Identifies appropriate use, advantages and disadvantages of various teaching and facilitation methods.
8.F	Describes the quality improvement process for diabetes education programs.
8.G	Applies the principles of behavioural change to diabetes management.
8.H	Describes the implications of major diabetes research results for practice.