

# Understanding Advanced Carbohydrate Counting — A Useful Tool for Some Patients to Improve Blood Glucose Control

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### Overview

*Suggested CDR Learning Codes: 2070, 3020, 5190, 5460; Level 3*

This continuing education course introduces advanced carbohydrate counting as a tool for improving blood glucose management, evaluates basic and advanced carbohydrate counting, describes good candidates for advanced carbohydrate counting, and discusses strategies for counseling patients as well as precautions when using advanced carbohydrate counting.

Course content appeared as the **CPE Monthly** in the December 2013 issue of *Today's Dietitian*. It was written by Micki Hall, MS, RD, LD, CDE, CPT, a clinical assistant professor at the University of Oklahoma Health Sciences Center, College of Pharmacy, and a certified insulin pump trainer.

### Learning Objectives

After completing this continuing education course, nutrition professionals should be better able to:

1. Distinguish the differences between basic and advanced carbohydrate counting.
2. Evaluate indications for the use of basic and advanced carbohydrate counting.
3. Calculate insulin-to-carbohydrate ratio and sensitivity factor.
4. Employ methods used to counsel patients in carbohydrate counting.
5. Assess precautions when teaching advanced carbohydrate counting.

#### Course summary

**Available credit:**

- 2.00 CDR

**Course opens:** 12/13/2013

**Course expires:** 12/12/2014

**Cost:\$24.00**

### Accreditation

### Register/Take course