

40485**Recognise key characteristics and impacts of diabetes**

Kaupae Level	3
Whiwhinga Credit	10
Whāinga Purpose	<p>This skill standard is intended for people who work in health, disability, or community support settings roles, and need foundational and contextual knowledge to support people with long-term conditions.</p> <p>People credited with this skill standard are able to: determine the key characteristics of diabetes; discuss its prevalence in Aotearoa New Zealand; identify strategies and medical treatment, and recognise potential impacts on a person and their whānau and caregivers.</p>

Hua o te ako me Paearu aromatawai | Learning outcomes and assessment criteria

Hua o te ako Learning outcomes	Paearu aromatawai Assessment criteria
1. Determine the key characteristics of diabetes.	a. Identify and describe different types of diabetes.
	b. Explain the role of insulin in the body and how diabetes affects insulin production and use.
	c. Summarise common symptoms of diabetes that require urgent action and assessment.
	d. Assess diabetes risk factors and common links to other long-term conditions.
2. Discuss the prevalence of diabetes in Aotearoa New Zealand.	a. Identify the prevalent form of diabetes in Aotearoa New Zealand.
	b. Identify population groups in Aotearoa New Zealand who are at most risk of developing diabetes.
	c. Examine how specific risk factors contribute to the higher prevalence of diabetes in certain population groups.
	d. Discuss the implications of risk factors on public health strategies and healthcare services in Aotearoa New Zealand.

Hua o te ako Learning outcomes	Paearu aromatawai Assessment criteria
3. Identify strategies and medical treatments used to manage pre- and post-diagnosis of diabetes.	a. Identify and review strategies used to reduce the risk of developing diabetes.
	b. Identify and summarise common medical treatments for diabetes.
	c. Identify and review strategies used to manage and reduce the impact of diabetes post-diagnosis.
	d. Determine potential barriers to effective self-management of diabetes as a long-term condition.
	e. Identify support services in Aotearoa New Zealand which can be involved in the long-term management of a person's diabetes.
4. Recognise potential long-term impacts of a diabetes diagnosis for a person, their whanau, and caregivers.	a. Determine the potential long-term impacts of a diabetes diagnosis on a person's quality of life.
	b. Determine the potential long-term impacts on whanau and caregivers of a person diagnosed with diabetes.

Pārongo aromatawai me te taumata paearu | Assessment information and grade criteria

Assessment specifications:

Assessment against Learning Outcome 4 may be undertaken as a case-study, or, in a supervised work environment, with a person diagnosed with diabetes.

Ngā momo whiwhinga | Grades available

Achieved.

Ihirangi waitohu | Indicative content

- Diabetes as a metabolic disorder.
- Diabetes as a long-term health condition.
- How diabetes affects the body's ability to regulate blood glucose levels.
- Insulin and its role in glucose metabolism.
- Types of diabetes.
- Key risk factors, including genetic predisposition, lifestyle factors, age and ethnicity.
- Diabetes statistics in Aotearoa New Zealand including total cases and trends.
- Population groups with higher rates of diabetes.
- Socio-economic and environmental factors that contribute to higher prevalence of diabetes.
- Regional variation in diabetes across Aotearoa New Zealand.
- Early diagnosis and intervention – regular screening for at-risk individuals, lifestyle changes, medical intervention.

- The role of health professionals in education and early intervention.

Rauemi | Resources

Recommended resources:

- Aotearoa College of Diabetes Nurses (n.d.). *National Diabetes Nursing Knowledge and Skills Framework 2018*. Available at https://www.acdn.org.nz/site_files/34755/upload_files/2018-NationalDiabetesNursingKnowledgeandSkillsFramework2018.pdf?dl=1
- Diabetes New Zealand (n.d.). *Together we can help kiwis with diabetes live well*. Available at <https://www.diabetes.org.nz/>
- Health New Zealand Te Whatu Ora (n.d.). *Quality Standards for Diabetes Care 2020*. Available at <https://www.tewhatauora.govt.nz/for-health-professionals/clinical-guidance/diseases-and-conditions/long-term-conditions/diabetes/quality-standards-for-diabetes-care-2020/>
- Ministry of Health (2014). *Quality Standards for Diabetes Care Toolkit*. Available at <https://www.health.govt.nz/system/files/documents/publications/quality-standards-for-diabetes-care-toolkit-2014-nov14-v2.pdf>

Pārongo Whakaū Kounga | Quality assurance information

Ngā rōpū whakatau-paerewa Standard Setting Body	Toitū te Waiora Community, Health, Education, and Social Services Workforce Development Council
Whakaritenga Rārangi Paetae Aromatawai DASS classification	Community and Social Services > Health, Disability, and Aged Support > Core Health
Ko te tohutoro ki ngā Whakaritenga i te Whakamanatanga me te Whakaōritenga CMR	0024

Hātepe Process	Putanga Version	Rā whakaputa Review Date	Rā whakamutunga mō te aromatawai Last date for assessment
Rēhitatanga Registration	1	27 February 2025	N/A
Kōrero whakakapinga Replacement information	N/A		
Rā arotake Planned review date	31 December 2029		

Please contact Toitū te Waiora Community, Health, Education, and Social Services Workforce Development Council at qualifications@toitutewaiora.nz to suggest changes to the content of this skill standard.