

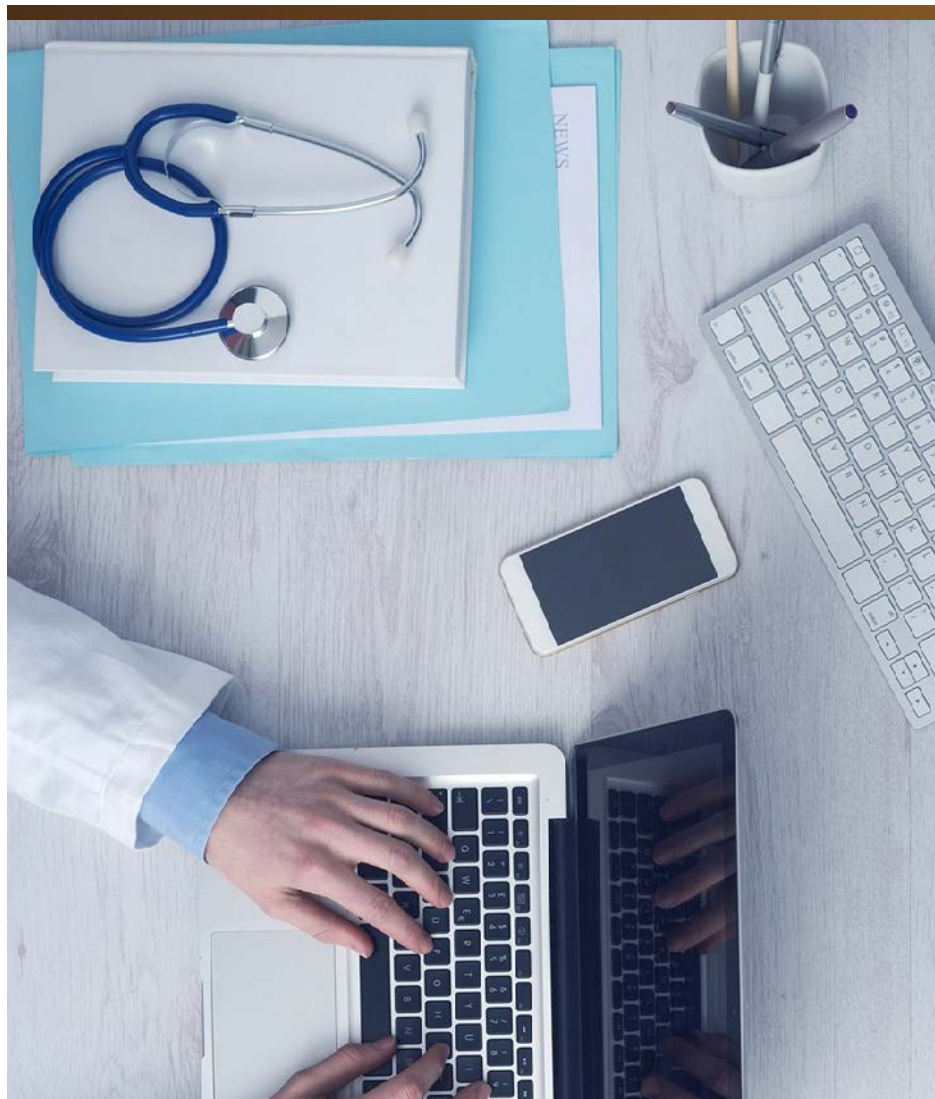
IDF
School of
Diabetes

IDF Online Short Course
Diabetes and Ramadan
Practical Guidelines 2021

Social Media Toolkit



IDF Online Short Course **Diabetes and Ramadan** Practical Guidelines



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IDF Online Short Course Diabetes and Ramadan Practical Guidelines

Overview



Course overview

This course provides healthcare professionals practical information along with management recommendations to enhance the care delivered to people with diabetes who plan to fast during Ramadan.

Importance of continuing medical education

1. Keep up to date
2. Prepare for the future
3. Boost your professional confidence
4. Improve your skills

IDF Online Short Course Diabetes and Ramadan Practical Guidelines

Did you know?



Did you know?

- One in 11 people has diabetes, 79% of whom live in low and middle income countries.
- If trends continue, at least 1 in 10 adults will have diabetes by 2045.
- 463 million adults (20-79 years) were living with diabetes in 2019. Most have type 2 diabetes.
- Estimates suggest that there are over 150 million Muslims with diabetes worldwide.
- Some individuals with diabetes can be exempted from fasting.
- Changes in diet and fluid intake can lead to an increased risk of diabetes complications.
- Ramadan may provide an opportunity to improve diabetes management, with a focus on self-care, medicine regulation and meal-time.

Spread the word

Our aim is to spread the word about the IDF School of Diabetes courses throughout the healthcare community.

To help us do that, simply:

1. Use one of our social media visuals according to the social channel you will be using
2. Choose one of our text post examples to go with a visual
3. Publish the visual and text on your social media channels adding the subtitle and using these hashtags:

#InternationalDiabetesFederation

#IDFSchoolofDiabetes

#IDFOnlineCourses

#DiabetesRamadan

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Post examples

Post text examples

- #DiabetesRamadan – As the prevalence of diabetes increases, so does the number of people with diabetes who fast during Ramadan. Our free online course provides health professionals with practical information and management recommendations to ensure a safe and healthy fast. Register at: www.idfdiabeteschool.org/Short-Course/diabetes-ramadan/en
- #DiabetesRamadan – Did you know that pre-Ramadan education has been associated with a decrease in the incidence of hypoglycaemia in people who fast? Our updated free online course includes practical information on risk associated with fasting in people with diabetes. Register now: www.idfdiabeteschool.org/Short-Course/diabetes-ramadan/en
- #IDFSchoolofDiabetes – Our updated free online course is an essential tool for all health professionals involved in diabetes management and care who support people with diabetes who wish to fast during Ramadan. Find out more: www.idfdiabeteschool.org/Short-Course/diabetes-ramadan/en

Post example



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Get involved



How to get involved

Show your support by following IDF on social media. By doing so, you add your voice to our global community.



@intdiabetesfed



@intdiabetesfed



@intdiabetesfed



International
Diabetes
Federation

Social media toolkit - www.idfdiabeteschool.org/Short-Course/diabetes-ramadan/en

IDF Online Short Course Diabetes and Ramadan Practical Guidelines

Course leaflet

Download the resources

FREE ONLINE COURSE
Earn 1 EACCME®

IDF School of Diabetes

Free Online Short Course
Diabetes and Ramadan Practical Guidelines 2021

How to register
Go to www.idfdiabeteschool.org
Click on **Sign up**
Click on **Short Courses**

Key features

- Certificate of Completion & EACCME
- Interactive Exercises
- IDF Congress Webcasts
- Case studies
- Additional Resources
- Self-paced Learning

Who is eligible? Health professionals involved in diabetes management and care helping people with diabetes who wish to fast during the month of Ramadan

What will I Learn?

- Discuss the global impact of diabetes and Ramadan
- The epidemiology and physiology of diabetes and Ramadan fasting
- Risks associated with fasting in people with diabetes
- Risk categories for people with diabetes who fast during Ramadan
- Ramadan-focused diabetes education
- Evidence of the benefit of Ramadan-focused diabetes education
- Pre-Ramadan individual assessment
- Pharmacological management of high risk populations

Benefits for Learner

- Latest evidence-based clinical recommendations
- Continued professional development and learning
- CME from the European Union of Medical Specialists (UEMS)
- Be part of the global multidisciplinary community of diabetes professionals

Assessment & Awards
IDF Certificate of Completion and one European CME credit

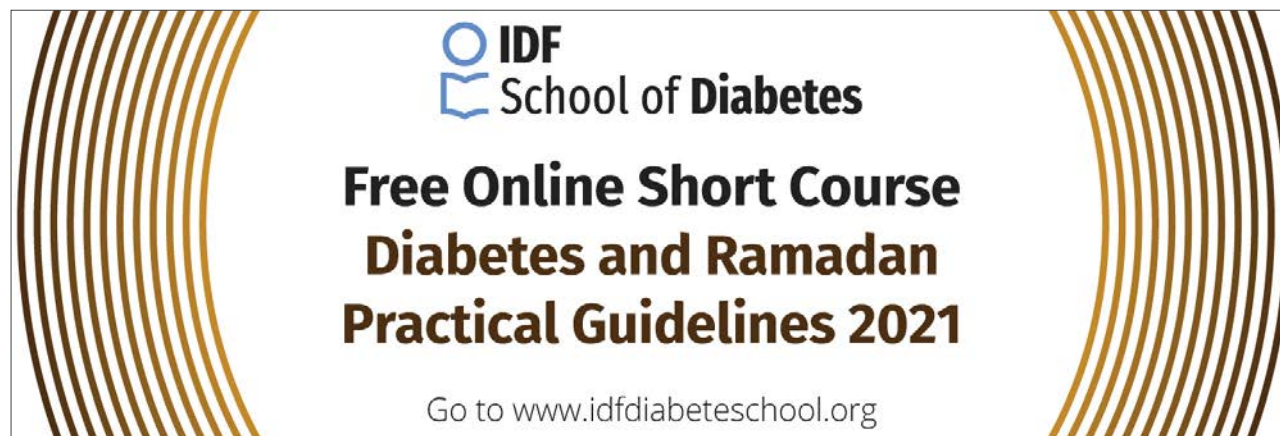
Course Modalities
Course Language: English
Duration: 60 mins (excluding additional resources)
Browsers: IE 9 & above, Chrome, Firefox, OS 9 and above (all iPad devices)

This online module is supported by an educational grant from

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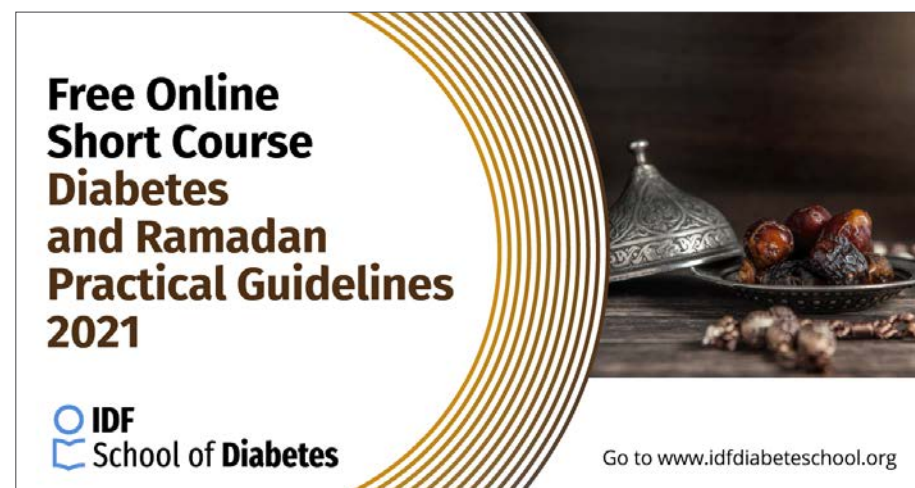
IDF Online Short Course Diabetes and Ramadan Practical Guidelines

Twitter banners



IDF Online Short Course Diabetes and Ramadan Practical Guidelines

Twitter posts



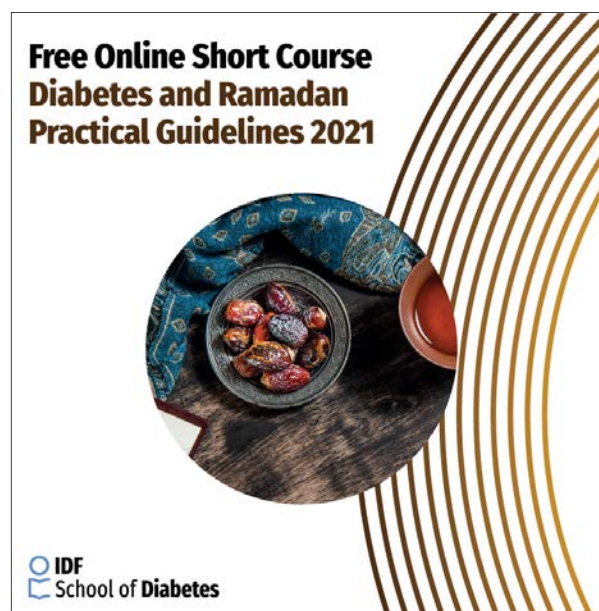
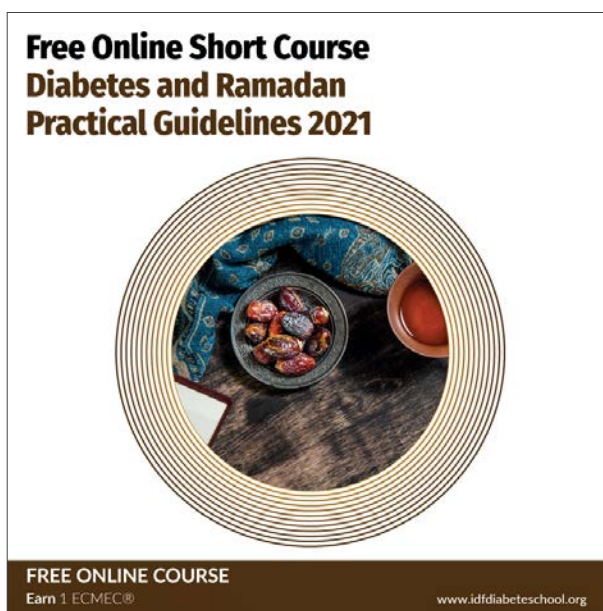
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Facebook banners



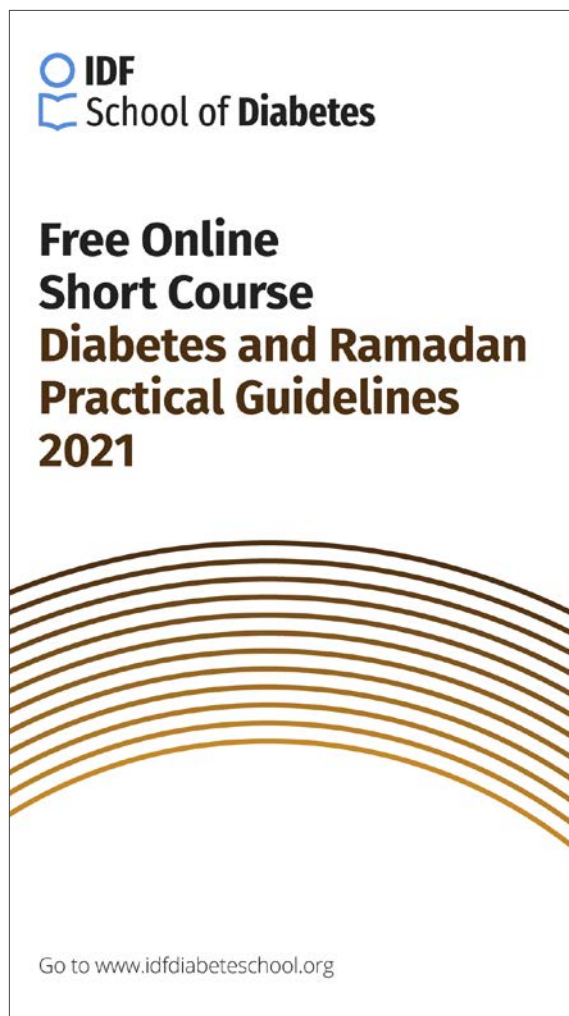
IDF Online Short Course Diabetes and Ramadan Practical Guidelines

Facebook posts



IDF Online Short Course Diabetes and Ramadan Practical Guidelines

Instagram stories



IDF Online Short Course Diabetes and Ramadan Practical Guidelines

Instagram posts

