

Key Takeaways

As you reflect on your role in a healthcare team environment and the lessons of this course, download this worksheet to use to dive into key takeaways for continued learning.

1. Describe evidence-based nutrition strategies aligned with diabetes management standards and glycemic control
2. Apply practical meal-planning methods like the plate method and portion guidance for diverse patients
3. Utilize behavioral health-informed approaches to support lasting patient dietary adherence
4. Collaborate with interdisciplinary care teams to promote sustained outcomes

Reflection

What barrier(s) in my healthcare team environment currently exist on this topic?

How can I apply this information as a member of the healthcare team to improve quality of care or health outcomes?

LEARNING FROM, WITH, AND ABOUT EACH OTHER

I will share the information learned from this course with my healthcare team by: