



Harwinder Gill, Registered Nurse

Harwinder Gill works as a registered nurse, who received her degree in Nursing at the Kwantlen Polytechnic University in 2006. Harwinder worked in acute care including Tertiary Palliative unit for 5 years and has been working as a Certified Diabetes Educator for last 12 years. She is passionate about diabetes care in the adult population and is committed to help individuals make lifestyle changes to optimize overall health and well-being. She has worked with the Virtual Health team at Diabetes Centre to make changes in delivery of adult education to help improve patient engagement and attendance. She also has keen interest in improving diabetes education in the Punjabi population and has assisted to redesign the education delivery by redeveloping class PowerPoints and revising the Punjabi version of On the Road to Diabetes Health booklet. Harwinder is looking forward to working with her team members with ICON to deliver diabetes education and empower individuals to take charge of their health.

Session: **Introduction to diabetes and its complications**

- Objectives:**
1. What are the signs and symptoms of diabetes?
 2. What is blood sugar, A1c, relevant biomarkers?
 3. Who is at risk? Does my age, ethnicity, lifestyle matter?
 4. Type 1 vs Type 2 DM; gestational DM; “pre-diabetes”
 5. How to manage and prevent diabetic foot infections