

## Qualification Specification

**603/5281/4**

### iCQ Level 2 Certificate in Understanding the Care and Management of Diabetes



#### Qualification Details

Title : iCQ Level 2 Certificate in Understanding the Care and Management of Diabetes

Awarding Organisation : [iCan Qualifications Limited](https://icanqualify.net)

Fees Price List Url : <https://icanqualify.net>

Qualification Type : RQF

Qualification Level : 2

Regulation Start Date : 28 October 2019

Offered In England : Yes

Offered In Wales : No

Offered In Northern Ireland : No

Assessment Language In English : Yes

SSA : 1.3 - Health and social care

Purpose : D1. Confirm competence in an occupational role

Total Credits : 15

Min Credits at/above Level : 15

Total Qualification Time : 150

Guided Learning Hours : 110

Overall Grading Type : Pass

Assessment Methods : Portfolio of Evidence

Structure Requirements : To achieve this qualification, learner must complete all 6 mandatory units

Age Ranges : 16-18; 19+

Qualification Objective : The purpose of this qualification is to help learners into, or progress within, employment in the healthcare or social care sectors in a variety of job roles where an understanding of the care and management of diabetes is required. The qualification can be taken to support progression into further learning within the Health and Social Care sector.

The qualification aims to:

- provide an understanding of the different types of diabetes and how they can occur
- develop awareness of how the onset of Type 2 diabetes can be delayed with lifestyle changes
- develop understanding of diabetes diagnosis and initial care
- develop understanding of on-going care and treatment of diabetes to control blood sugar levels.

Progression : Learners may progress to the iCQ Level 2/3 Diploma in Adult Care.

Entry Requirements : None

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#### Rules of Combination (ROC)

Group Name	Mandatory	#Units	Minimum Units	Maximum Units	Minimum Credits	Maximum Credits
<b>All) All Groups</b>	No	0	(null)	(null)	(null)	(null)
A) Group A Mandatory Units	<b>Yes</b>	4	4	4	15	15

#### Group A Group A Mandatory Units

URN	Title	Level	GLH	Credit
<a href="#">D/617/8771</a>	Understand the prevention and early intervention of Type 2 diabetes	2	20	3
<a href="#">H/617/8772</a>	Understand the primary care and detection of diabetes	2	30	4
<a href="#">K/617/8773</a>	Understand the treatment and management of diabetes	2	30	4
<a href="#">Y/617/8770</a>	Understanding Diabetes	2	30	4

**Unit: D/617/8771 : Understand the prevention and early intervention of Type 2 diabetes**

**Know the risk factors for developing Type 2 diabetes**

**Knowledge**

1 Identify the most common risk factors associated with the development of Type 2 diabetes

Explain how an individual can:

a) Reduce the risk of developing Type 2 diabetes

2 b) Prevent developing Type 2 Diabetes

c) Delay the onset of Type 2 Diabetes

**Understand factors relating to the prevention of Type 2 diabetes**

1 State the different methods used to assess individuals at risk of Type 2 diabetes

2 Identify the tests available for monitoring individuals at risk of developing Type 2 diabetes

3 Explain the reasons why frequent monitoring tests should be undertaken

**Understand how diet, exercise and lifestyle affect Type 2 diabetes**

1 Describe why it is important that individuals with Type 2 diabetes have a balanced diet

2 Outline how carbohydrates affect blood glucose levels

3 Describe why a carbohydrate-controlled diet in preventing prolonged raised blood glucose levels is important

4 Explain the importance of weight management for people with Type 2 diabetes

5 Explain how exercise can lower blood glucose levels

Explain how the following can affect diabetes:

a) smoking

6 b) alcohol

c) substance

d) a sedentary lifestyle

**Unit: H/617/8772 : Understand the primary care and detection of diabetes****Know the social impact of diabetes****Knowledge**

- 1 Explain how living with diabetes can affect an individual in different ways
- 2 Outline how the attitudes and behaviour of others may have an impact on an individual with diabetes
- 3 Identify how social attitudes can be improved towards people with diabetes
- 4 State the legal rights an individual with diabetes has
- 5 Describe how the law relates to drivers who have diabetes
- 6 Explain why individuals who have diabetes should inform their employer

**Understand how to work with individuals to manage diabetes**

- 1 Explain why a person-centred approach is important when working with an individual with diabetes
- 2 Describe how individuals can be supported to make informed decisions about managing their condition
- 3 Outline how to work with individuals to develop self-care skills for managing diabetes
- 4 Outline the advice given to individuals with diabetes in relation to:
  - a) nutrition
  - b) exercise
  - c) lifestyle
- 5 Describe different types of support individuals can access to help an individual self-manage their diabetes

**Know how diabetes is monitored**

- 1 Identify the normal range of:
  - a) blood glucose
  - b) blood pressure
- 2 Explain the importance of accurately monitoring:
  - a) blood glucose
  - b) urine
  - c) blood pressure
- 3 Identify what equipment is needed for monitoring diabetes
- 4 Identify what tests are used to monitor diabetes
- 5 Explain how the recording and reporting of diabetes monitoring is completed
- 6 Outline how individuals with diabetes can be encouraged to contribute to the monitoring of their condition

**Unit: K/617/8773 : Understand the treatment and management of diabetes****Know how diabetes is treated****Knowledge**

1 Outline the care pathway for diabetes

Describe the different types of medication used to treat:

- 2
- Type 1 diabetes
  - Type 2 diabetes

3 Explain why diet and exercise is important for optimising blood glucose levels

4 Outline how different forms of treatment can impact on an individual's daily life

**Know the treatment for hypoglycaemia**

Identify:

- 1
- common causes of hypoglycaemia
  - signs and symptoms of hypoglycaemia

2 Identify how hypoglycaemia can be confirmed in an emergency

3 Describe what action should be taken if an individual has hypoglycaemia

**Know the treatment for hyperglycaemia**

Identify:

- 1
- possible causes of hyperglycaemia
  - signs and symptoms of hyperglycaemia

2 Explain what action should be taken if an individual has hyperglycaemia

3 Describe what is meant by diabetic ketoacidosis

**Understand the complications that can occur as a result of diabetes**

1 Outline the impact of stress and illness on an individual's blood glucose levels

2 Describe what complications can occur in association with diabetes

Explain the links between diabetes and:

- 3
- cardiovascular disease
  - dementia
  - depression

4 Describe the long-term health consequences of developing type 2 diabetes

**Understand ways to prevent or detect complications associated with diabetes**

1 State different ways to prevent illness and infection for individuals with diabetes

2 Explain how regular diabetic monitoring can help to prevent complications occurring

3 Describe the regular screening process used by health professionals for early detection of long-term complications

4 Explain why foot care is important for people with diabetes

5 Identify why pre-pregnancy planning is needed for those with diabetes

6 Explain why maintaining suitable blood glucose levels during pregnancy is important

**Unit: Y/617/8770 : Understanding Diabetes****Understand the function of glucose in the blood****Knowledge**

1	Explain what 'blood glucose' is
	Outline what these are:
2	a) Simple carbohydrates b) Complex Carbohydrates
3	Explain what the differences are between simple and complex carbohydrates
	Define what these terms mean:
4	a) Glycaemia b) Hypoglycaemia c) Hyperglycaemia
5	Describe what the pre-diabetic states are

**Understand the function of insulin in the blood**

1	Explain how insulin is produced in the body
2	Outline how blood glucose levels are affected by insulin
3	Describe what 'insulin resistance' means

**Understand the different forms and causes of diabetes**

1	Identify and explain what is meant by the term 'diabetes'
	Describe Type 1 diabetes including:
2	a) Features b) Causes c) Signs and symptoms
	Describe Type 2 diabetes including:
3	a) Features b) Causes c) Signs and symptoms
4	Explain how gestational diabetes occurs

**Understand how diabetes is confirmed**

1	Identify the prevalence of different forms of diabetes in the UK
2	Outline the screening process for diabetes