

## Diabetes Annual Review Day 5 March 2026

Have you just returned to nursing, or are new to practice nursing? This study day is for nurses who feel a little rusty about their diabetes knowledge and want to feel more confident with diabetes annual reviews. It is a practical, hands on (and shoes off) kind of day. This is a similar format to previous DAR days.

Venue – River Room, Pinnacle, 711 Victoria Street Hamilton.

Times	Topic	Speaker
8.30am – 8.45am	Registration and welcome	
8.45am – 9.00am	Karakia, introductions, and housekeeping	Aldrin Arguelles
9.00am – 9.30am	What's in the kete?	Helen Morton
9.30am – 10.00am	Purpose of the annual review part 1	Ruth Allerly
10.00am – 10.30am	Self-monitoring of BGLs	Sue Laywood
<b>10.30am – 10.50am</b>	<b>Morning tea - provided</b>	
10.50am – 11.30am	Principles of healthy eating	Kathy Knight
11.30am – 12.15pm	Nurse led foot assessments	Claire O'Shea
12.15pm – 12.45pm	Non-insulin medications	Helen Morton
<b>12.45pm – 1.30pm</b>	<b>Lunch – BYO or visit the local cafes</b>	
1.30pm – 2.15pm	Purpose of the annual review part 2	Suzanne Moorhouse
2.15pm – 3.00pm	Practical activity – Doing a Diabetes Annual Review	
3.00pm – 3.30pm	Walking the talk – getting people active	TBC
3.30pm – 4.00pm	Evaluation and closing Karakia	Kathy, Suzanne, Helen

To register please email [Jadie.Bailey@pinnacle.health.nz](mailto:Jadie.Bailey@pinnacle.health.nz). Registrations close 5pm Friday 26 February or when places are filled. **Numbers are limited and we are always oversubscribed so please book early.**



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