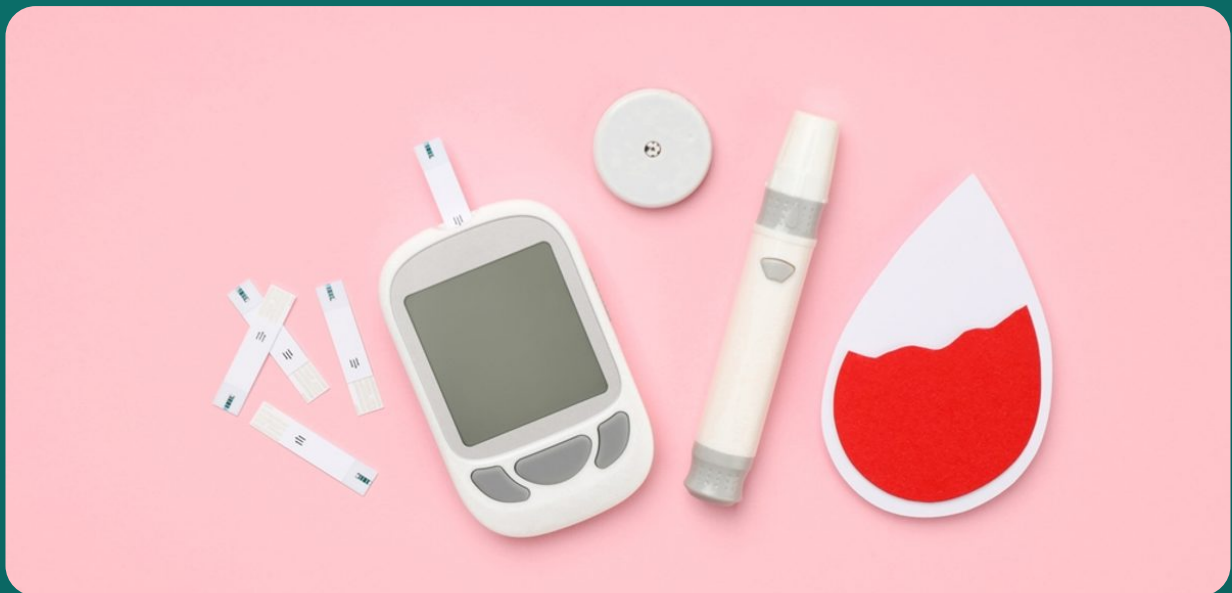


# Diabetic Care and Nutrition

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Support safe daily diabetes management, good nutrition, and confident emergency response.



FORMAT

**5 focused modules**

STYLE

**Practical & hands-on**

AWARD

**Certificate of completion**

## ABOUT THIS COURSE

### Course Description

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The Diabetic Care and Nutrition course explains the different types of diabetes, how diabetes affects different populations across Saudi Arabia, and the complications that can affect a person's overall health.

Caregivers learn how to support the person they care for in managing Type 2 diabetes, with a strong emphasis on proper nutrition and portion sizes. Emergency management and response is also covered, so caregivers can tell the difference between an urgent and an emergency situation.

### Who This Course Is For

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**Family caregivers** — Those supporting a loved one living with Type 1 or Type 2 diabetes.

**Home health aides & CNAs** — Caregivers responsible for daily routines, meals, and monitoring.

**Care & community staff** — Anyone who wants to support safer diabetes management at home.

### What You Will Learn

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1. Describe the different types of diabetes and how the condition develops.
2. Understand how diabetes affects different populations and overall health.
3. Recognize the complications that can arise and why daily management matters.
4. Support a person in managing Type 2 diabetes through proper nutrition and portion sizes.
5. Recognize emergencies and distinguish an urgent situation from a true emergency.

## Course Modules

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### MODULE 01

#### Understanding Diabetes

Covers Type 1, Type 2, and gestational diabetes and how each develops. Explains how diabetes impacts different populations across Saudi Arabia.

### MODULE 02

#### Complications & Whole-Health Impact

Looks at the complications that can affect a person's overall health when diabetes is not well managed, and why steady daily care matters.

### MODULE 03

#### Supporting Type 2 Management

Practical, day-to-day support for the person living with Type 2 diabetes, including routines, monitoring, and encouraging healthy habits.

### MODULE 04

#### Nutrition & Portion Sizes

A focused look at proper nutrition and portion control, and how to support balanced meals that help keep blood sugar steady.

### MODULE 05

#### Emergency Recognition & Response

Teaches caregivers to recognize potential emergencies such as low or high blood sugar, and to tell the difference between an urgent and an emergency situation.

## About the Instructor

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### Dr. Essa Al-Ahmad

*Saudi Family Physician · Healthcare Educator & Trainer*

Dr. Essa Al-Ahmad is a Saudi family physician, healthcare transformation leader, educator, and investor in innovation, based in Al-Ahsa, Saudi Arabia. He earned his Bachelor of Medicine and Surgery from King Faisal University and completed his Family Medicine Diploma in 2015.

He spent more than five years in frontline patient care and chronic disease management, helping patients navigate complex, long-term conditions. He directed Al-Qurain Health Center (2016–2018) and Al-Shuqaiq Primary Health Care

Center (2018–2019), which achieved CBAHI accreditation under his leadership, and in 2019 was appointed Director of the Anti-Osteoporosis Program in Al-Ahsa.

Today he is a trainer of doctors and nurses and a passionate advocate for clinician wellbeing, teaching healthcare professionals to build sustainable careers and care for themselves with the same dedication they bring to their patients. He is a member of the Saudi Physicians' Association and sits on the Board of Directors of Alam Holding Company.

#### EDUCATION

##### **MBBS, King Faisal University**

Bachelor of Medicine & Surgery

#### QUALIFICATION

##### **Family Medicine Diploma**

Awarded 2015

#### EXPERIENCE

##### **5+ years frontline care**

Chronic-disease management

#### LEADERSHIP

##### **3 health centers directed**

One CBAHI-accredited

## Testimonials

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*"[SAMPLE TESTIMONIAL — replace with a real quote.] The training was clear and practical. I left feeling far more confident caring for someone with diabetes."*

**[Name]**

Family caregiver

*"[SAMPLE TESTIMONIAL — replace with a real quote.] Short modules that respected my time, taught by someone who has actually done the work. Highly recommended."*

**[Name]**

Home health aide

*"[SAMPLE TESTIMONIAL — replace with a real quote.] Exactly the kind of hands-on guidance our staff needed. The emergency-response section was especially valuable."*

**[Name]**

Care team lead

Sample testimonials shown — to be replaced with verified learner quotes.

**Bring this course to your team.** Email [training@dressalahmad.com](mailto:training@dressalahmad.com) or book a meeting to scope a custom program for your facility.