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| **Masterclass Title** |
| **ExploringTherapeutic Carbohydrate Reduction in T1D: Practical Strategies for Diabetes Educators** |

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| **Presenters:** |
| \*Amy Rush, APN, CDE (AUS)  Accredited Practising Dietitian, Credentialled Diabetes Educator[BM1] , CDE00027854 amy@type1familycentre.org.au  Western Australia  Beth McNally, CNS, LDN (USA)  Certified Nutrition Specialist, Licensed Nutritionist  beth@type1familycentre.org.au  Queensland |

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| **Session Chair(s):***Please provide details of the nominated session chair(s), including their name and email address.* |
| **TBC - we will provide a chair** |

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| **Session description (max. 200 words):** |
| An increasing number of people with Type 1 diabetes (T1D) are incorporating Therapeutic Carbohydrate Reduction (TCR) into their diabetes management, yet many healthcare professionals feel uncertain, unprepared, or even uncomfortable discussing it with patients. This **interactive, case-based masterclass** will provide diabetes educators with the **confidence and practical strategies** to **support patient choice while ensuring safety and evidence-based care**.  Led by two of the authors of the recent international publication, [*Therapeutic Carbohydrate Reduction in Type 1 Diabetes: A Guide for Dietitians and Nutritionists*](https://www.therapeuticnutrition.org/tcr-type-1-diabetes-guide), this **hands-on session** will break down:   * **What** practical and nutritious foods are included in TCR, with examples of **meal options** for breakfast, lunch, dinner, and snacks at varying carbohydrate intake levels. * How to **clinically support** people with T1D who choose to reduce carbohydrates using **evidence-based strategies** * How to confidently **navigate patient conversations**, whether they are just curious or fully committed to TCR. * **What diabetes educators need to consider** about insulin adjustments and risk management when changing their carbohydrate intake.   Through highly **interactive, small-group discussions and real-world case studies**, diabetes educators will gain **practical tools** to **confidently collaborate with your patients** and support informed, patient-centered decisions in T1D care.  **Session Format Request:** This masterclass is designed as an interactive workshop where participants will engage in group discussions and case-based learning. To foster collaboration, we request a room setup with round tables where attendees can gather in groups to exchange ideas on supporting patients and delivering care effectively. |

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| **Evidence base (max. 100 words):** |
| Therapeutic Carbohydrate Reduction (TCR) has been shown to help people with type 1 diabetes **reduce glucose variability, lower insulin needs, and improve HbA1c**, when done safely with proper insulin adjustments and no higher risk of DKA or severe hypoglycaemia.  A **recent meta-analysis** found that for every **50-gram reduction in carbohydrate intake, HbA1c improved by 0.52%**. Additionally, **100% of individuals** consuming ≤50 grams of carbohydrates per day achieved a **HbA1c below the level of 7.0%** (Koutnik et al., 2024).  As more people express interest in low carbohydrate approaches, **healthcare professionals must be prepared to offer guidance that is both evidence-based and patient-centered**. This masterclass will help bridge the gap between **clinical knowledge and real-world application**. |

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| **Key learning objectives:** |
| By the end of this masterclass, participants will be able to:   * **Understand** why some people with Type 1 diabetes choose to reduce carbohydrates. * **Identify** foods appropriate for TCR and how this nutrition therapy includes a variety of eating patterns that can be personalized to meet an individual’s health goals and dietary preferences. * **Discuss** the benefits of TCR for improving blood glucose stability and overall health in people with type 1 diabetes. * **Engage** in patient-centered discussions to support your patients and families who follow or express interest in TCR. * **Apply** **key safety principles** to support treatment decisions related to **insulin adjustments** and **risk minimization** when carbohydrate intake changes. * **Understanding** the role and **scope of practice for diabetes educators** in supporting TCR |