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## CURRICULUM VITAE: BRIEF

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### Education:

Graduated with Honors, Arizona State University, Tempe, Arizona  
Master of Science: Major - Human Nutrition, Minor - Counseling

Graduated with Honors, California State Polytechnic College, San Luis Obispo, California  
Bachelor of Science: Major - Education: Minor - English Composition

### Licensure:

Certified Diabetes Educator, Certificate # 2072, Effective May 1987 - May 2012

Registered Dietitian, Registration # R604965, Effective November 1981 - August 31, 2009

### Honors and Appointments:

2006 Invited Member of ADA's *Educator Think Tank*. Charged with optimizing the Education Recognition Program which was facing slowed growth due to program closures.

1996 to 2000 Co-opted member of the Diabetes Education Consultative Section of the International Diabetes Federation: development and dissemination of international standards and programs.

1997 - 2000 Program Committee Member: IDF2000, International Diabetes Federation Congress, Mexico City: co-developer of the Education and Psychosocial Care track.

1997 Recipient, JK Lilly Global Social Service Award, granted by the American Association of Diabetes Educators Research Foundation for her project, "National Standards of Patient Education for Persons with Diabetes and Severe Visual Impairment in Poland."

1992 Distinguished Service Award, American Association of Diabetes Educators.

1990 - 1997: Division of Diabetes Translation: Centers for Disease Control: Atlanta, Georgia.  
Member of Technical Advisory Committee by appointment of the Secretary, US Department of Health and Human Services.

### Experience

**Since May 1998: Owner and Director of Professional Training, Diabetes Management and Training Centers, Inc, Phoenix, Arizona**

Develop and deliver professional training programs on all aspects of the organization, delivery, and evaluation of comprehensive outpatient diabetes management. DMTC's unique, patient-centered, outcomes-focused approach attracts trainees from throughout the world.

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**Since January 1987: Owner/Operator of *Learning Prescriptions*, Phoenix, Arizona, Health Education Consulting Firm**

Develop diabetes education programs and materials for various clients. A partial list of clients and projects follows:

***Eli Lilly and Company, US Diabetes Care Marketing, Indianapolis***

Professional education program planning; writing and editing patient and professional education materials, including the "Managing Your Diabetes" patient education system, which has been translated for use in over 15 countries. Co-developer of the Diabetes Interactive Network consumer seminar program; and of other continuing education programs for physicians, nurses and pharmacists. Revised patient education areas of lillydiabetes.com in 2005.

***Indian Health Service, Diabetes, Albuquerque, New Mexico***

Develop and deliver patient and professional education programs and materials for the IHS Diabetes program for use throughout the IHS system. Projects have included various train-the-trainer programs, a low-literacy teaching system based on the Food Guide Pyramid, and self-study modules for the Gila River Reservation's ADA-recognized patient education program.

***Lifescan, Inc., Milpitas, California***

Content specialist and author for various consumer materials, including "The Diabetes Dek: How to Control and Manage Diabetes Mellitus," the pharmacy CE program "Current and Future Trends in Diabetes Treatment," and the "Be Average" patient brochure series.

***Roche Diagnostics, Indianapolis, Indiana***

Technical Consultant, New Product Development. Faculty member, Roche Behavioral Change professional workshop series.

***Pfizer Pharmaceuticals, New York City***

Primary author and educational designer of the 2004 version of the *Diabetes Control Network* program. Includes components for patients, providers and health plans to drive coordinated diabetes care in managed care systems. Program components include yearlong series of newsletters for patients and for providers, interactive learning exercises, and system wide activities to support patient skill acquisition and completion of diabetes standards of care.

***Eli Lilly and Company, Global Diabetes Care Unit, Indianapolis***

Develop and implement training programs for health care professionals outside the U.S. Programs have included an intensive, interactive skills-based workshop which was presented in >20 countries, including Hungary, Bulgaria, Poland, Thailand, Malaysia, the Philippines and India. From 1995-2001, Chair of the Global Medical Conference on Diabetes Education that served approximately 100 educators from 18-20 different countries yearly. Developed and administered, from 1994 -2001, the Educator Mentor Program which paired diabetes clinicians from outside the US with US-based educators in an integrated program of independent study, interactive and didactic workshops and clinical experience

**Memberships and Activities:**

American Association of Diabetes Educators

President, 1988-1989, Member Board of Directors, 1986 – 1990, Member 1985 - Present

American Diabetes Association

Member, 1987 to present

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Advanced Studies Institute for Diabetes Education  
Founding Member of the Institute, 1988, Chairman, Advisory Council, 1990 - 1992

AADE Diabetes Education and Research Foundation  
Chairman, 1992- 1993, Member, Board of Trustees, 1990 - 1993

## **Publications:**

*The following is a representative sample of recent publications. The complete list includes 130+ books, book chapters, journal articles, reviews, editorials, and instructional media published since 1985.*

Brackenridge, BP. *Draw Wide the Circle of Love: How to Unite Your Family in the Care of a Child with Diabetes* (In Press). Learning Prescriptions, Phoenix, Arizona, 2008.

Brackenridge BP and Swenson K. *The Art of Diabetes Education*. Diabetes Management and Training Centers, Inc., Phoenix, Arizona, 2007.

Brackenridge BP and Swenson KS. *Diabetes Myths, Misconceptions and Big Fat Lies!* Diabetes Management and Training Centers, Inc., Tempe, Arizona, 2006.

Foreword to *The Art of Empowerment, 2<sup>nd</sup> Edition*, Bob Anderson and Martha Funnell, American Diabetes Association, Alexandria, VA, 2005.

Brackenridge BP and Swenson K. *Discovering Diabetes: achieving target blood glucose control through a behavioural approach to insulin and food self-management*. British Journal of Diabetes and Vascular Disease 4(2):117, March/April 2004.

Brackenridge BP and Swenson K. *Discovering Diabetes: A Program Manual and Self-care Education Curriculum for Type 1 and Type 2 Diabetes*. Diabetes Management and Training Centers. Inc. Phoenix, Arizona, USA, 2004.

Brackenridge BP. Discovery Learning: A Behavioral Approach to Meal Planning. *On the Cutting Edge*. The American Dietetic Association, Summer 2003.

Brackenridge, BP and Rubin R. *Sweet Kids: How to Balance Diabetes Control and Good Nutrition with Family Peace, 2<sup>nd</sup> Edition*. American Diabetes Association, Alexandria, VA, 2002.

Brackenridge BP. Intensive Therapy of Type 1 Diabetes: Learning to Think Like a Pancreas. *On the Cutting Edge*. The American Dietetic Association, May/June 2000.

Brackenridge, BP and Anderson RA. Polar Bears in the Jungle: Reflections on Obesity and Diabetes. *The Diabetes Educator* 25(4):521, 1999.

Brackenridge BP and Swenson K. Am I Toast or Is It Just Hot Out There? Lessons From the Desert in Avoiding Provider Burnout. *Diabetes Spectrum* 12(1):23-28, 1999.

Brackenridge, BP, Editor: From Research to Practice: Diabetes Education, A Global Perspective. *Diabetes Spectrum* 12(3):146-177, 1999.

## **Presentations:**

*The following is a representative sample of topics and approaches used, and audiences served. In total, I have conducted well over 300 presentations to lay and professional audiences in the last ten years.*

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January 2008 – Kern County School Nurse Association and KCADE, Bakersfield, California: Sweet Kids: Making a Difference at School for Children with Diabetes, a one-day workshop.

January 2008 – Children with Diabetes Technology Conference, Marco Island, Florida: Best Practices for Sick Days and Ketone Monitoring”

November 2007 – Sentara Health Systems Diabetes professional Update, Norfolk, Virginia: “Novel Ideas for Working with Patients for Change” and “Nutrition: We Are What We Eat (and What We Don’t!)”

November 2007 – Behavioral Diabetes Institute, San Diego, California: “Ten Good Reasons to Hate Blood Glucose Monitoring,” separate presentations for lay and professional audiences.

October 2007 – Montana Diabetes Project and MAADE Diabetes Update, Helena, Montana: “The Budiness of Diabetes Education” and “Creating Magic in the 15-Minute Office Visit.”

September 2007 – Diabetes Update and Systems of Care Review, Weenabayko Cree Nation, Moose Factory, Ontario, a 5-day workshop for professional staff

July 2007 – Chair and Presenter – Grandparents and Family Members’ Track, Friends for Life Conference, Orlando, Florida.

June 2007 – Patient-Centred Care: A Practical Approach. A health professional workshop. Stirling University, Stirling, Scotland.

May 2007 – Combining Patient-Centred Care with Optimal Medical Management: A Key to Enhanced Outcomes. A Nurse Specialist Workshop. Queen Alexandra Hospital, Portsmouth, England,

October 2006 – “The Forgotten Rule of Diabetes Education: Keep Your patients Awake and Interested!” West Virginia Regional Diabetes Update. Charleston, West Virginia.

July 1006 – “Balancing Roles as Parents of CWD,” A Grandparents’ Series covering topics designed to help grandparents stay connected and engaged with grandchildren with diabetes. Children with Diabetes Friends for Life Conference. Orlando, Florida.

April 2006 – “Diabetes Today: A Patient-Centred Systems Approach” A five-day professional workshop for the regional health Authority for the Cree Nation, Chibougamou, Quebec.

May 2005 – Prevention of Cardiovascular Disease and Diabetes Among Native Americans Conference, Denver, Colorado. Presented three concurrent sessions for health professionals on “How to Implement the Latest Research in Nutrition and Physical Fitness”

January 2005 – “Making Your Instructional Vision a Reality,” a one-day interactive skills workshop for diabetes staff of Legacy Health Systems, Portland, Oregon.

October 2004 – Oxford Center for Diabetes and Metabolism, Oxford, England. Delivered the 3-day “Diabetes Manager University” workshop to nurse specialist attendees from throughout the UK.

August 2004 – Annual Meeting, American Association of Diabetes Educators in Indianapolis, IN. Concurrent session “Discovery Learning: Harnessing the Power of Patient Experience.”

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August 2004 and August 2003: Medical Crossfire: Expert Panelist on diabetes education and the organization of care for video production of medical CE offerings on Type 2 diabetes.

June and January 2004: Children with Diabetes, Friends for Life Conferences. Presentations on various aspects of diabetes care and family dynamics to family audiences.

May 2004 – Orangeville, Ontario – Regional Diabetes Update for Health Professionals, “Food and Diabetes: Food as Therapy or Food for Life?”

Quarterly since February 1999 in Phoenix, Arizona. “Diabetes Manager University,” a 3 ½-day master course in comprehensive diabetes care. In this interactive workshop, participants of all health professions observe, model and discuss the clinical and behavioral strategies of patient-centered care.

June 2003 – American Diabetes Association Scientific Sessions, New Orleans, LA. “International Care and Education: Looking Beyond Our Walls for Lessons Learned.”

May 2003 – Presentation, “Patient Empowerment: A Basic and Radical Concept in Diabetes Care,” Tripler Army Medical Hospital grand rounds, Honolulu, Hawaii.

May 2003 – Chairman, presenter and instructional designer of the “Global Medical Conference on Diabetes,” Phoenix, Arizona. A two-day conference for 126 physicians from 13 countries.

March 2003 – One of the four-person faculty for a Workshop series on Patient Empowerment presented in Melbourne, Adelaide and Sydney, Australia and Auckland, New Zealand. Presented sessions on Client-Centered Care and Interactive Education.

April 2002 – Workshop, Aberdeen Area, Indian Health Service, Annual Nutrition Update, 2-day workshop on Interactive Education and the Enhancement of Diabetes Outcomes.

April 2001 – Workshop, Joslin Diabetes Centers Affiliate Exchange, “The Magic of Interactive Education”

November 2000 – Chairman and Program Planner, Global Medical Conference on Diabetes Education, Cancun, Mexico, a pre-symposium of the International Diabetes Federation triennial congress. 164 invited attendees from 31 countries.