

**Goals of Diabetes Lesson Plans**

**16+**

**Festivals, Education and My Medical Record**

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| **Programme/course** | **Age group**  **Over 16 years** |
| **Topic**  **Festivals, Education and My Medical Record** | **Venue** |
| **Title of session**  **Helpful tips to manage Festivals**  **Look at Education options for YPS**  **Look at My Medical Record and RSGH plan** | **Date of session** |
| **Time of session** | **Duration of session An hour, including lunch** |
| **Aims of session**   * To identify realistic problems attending a music festival * To discuss the practicalities of blood glucose monitoring and insulin injections * To avoid acute complications of Type 1 diabetes – hypos, high blood glucose levels | |
| **Learning outcomes**   * State how they would ensure their insulin was correctly stored – Frio packs or similar * Describe how they would cope with a hypo due to alcohol * Give examples of ID they could use * If using Insight pump – access to electricity to charge meter. BG + BK monitoring when away * Start to assess education options * Comment upon the My Medical Record to feedback to YPDS | |
| **Assessment Activities to be built into session**  Discussion round key messages – reflection  Finding solutions to scenario problems and peer support  Look at Bertie on Line for Festivals info and feedback comments | |
| **Evaluation Activities to be built into session**  Complete an evaluation form and discuss action research completion | |
| **Prior action needed/ resources (e.g. pre-session activities, equipment needed)**  Laminated cards with subjects to discuss and Rucksack or bag to hold cards  Access to IT, websites, and log in details | |
| **Materials needed; e.g. key references, hand-outs**  Leaflet on festivals  Leaflet on sick day rules – 15 and ABCC rules for MDI and Pump users  Leaflets for Frio packs | |

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| **Time** | **Content/Topic** | **Teaching Activities** | **Learning Activities** | **Resources** | **Assessment** |
| 5 mins | Introduction – say if going to festival?  Been before? | Help to create an open debate  Facilitate discussion with peers | Listening and talking | Question laminated | None |
| 15 mins | Learn about how to cope with managing diabetes in difficult situations | From a rucksack ask different students to pull a subject from the rucksack and discuss how to manage  Open up discussion for others to help with ideas | Talking and listening  Problem solving tricky situations based on knowledge and/or experience  Sharing ideas | Rucksack  Messages  Leaflet on festivals | Reflection  Q+A |
| 15 mins | Look at YPDS Education options:  Bertie on Line  With you all the way | Explain structured patient education requirements.  Access BERTIE on line  Show 16-18 yr olds info and leaflet + screening tool | Assessing options and making a decision on which to choose  View BERTIE and festivals info – feedback on usefulness  Look at With You package and comment on Poole College clinics | Education options sheets  BERTIE cards/info  Novo Goals folder and lesson plans | Assessment of options  Consider best personal option |
| 5 mins | Evaluation | Encourage feedback on Festivals and Education options  Discuss briefly the action research on the Colle Clinics | Name one thing they would do which they have not thought of before | Evaluation sheets | Evaluation card |

**Evaluation:**

**Completed after the session and includes key comments regarding:**

Evaluation of the effectiveness of the session

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| **What went well?**   * Some good talking points * Could relate subjects to camping, holidays, going out * YPs learning from each other | **What did not go well?**   * Some subjects overlapped * Difficult to cover all areas | **What could I try next time?**   * Reduce number of cards and check themes do not overlap too much |

Evaluation of performance of educator

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| **What went well?**   * Good chatting points | **What did not go well?**   * Difficult to get many YPs at one time | **What could I try next time?**   * Keep to subject on the card to prevent overlap |