

**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
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| **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
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| **Assessment Activities to be built into session**Discussion round key messages – reflectionFinding solutions to scenario problems and peer supportLook 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 festivalsLeaflet 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 debateFacilitate 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 manageOpen up discussion for others to help with ideas | Talking and listeningProblem solving tricky situations based on knowledge and/or experienceSharing ideas | RucksackMessagesLeaflet on festivals | ReflectionQ+A |
| 15 mins |  Look at YPDS Education options:Bertie on LineWith you all the way | Explain structured patient education requirements.Access BERTIE on lineShow 16-18 yr olds info and leaflet + screening tool | Assessing options and making a decision on which to chooseView BERTIE and festivals info – feedback on usefulnessLook at With You package and comment on Poole College clinics | Education options sheetsBERTIE cards/infoNovo Goals folder and lesson plans | Assessment of optionsConsider best personal option |
| 5 mins | Evaluation | Encourage feedback on Festivals and Education optionsDiscuss 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
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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
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