

**Goals of Diabetes Lesson Plans**

**10-11 years**

**Practical Skills**

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| **Goals of Diabetes Lesson Plans** | **Age Group: 10-11y** |
| **Topic: Insulin and BG testing**  **Delivered by nurse/dietitian** |  |
| **Title of session:**  **Practical skills** | **Timing of session:**  **Approx 27 mins** |

**Aim of session:**

Develop understanding of how to use equipment independently from parents

Identifying the different action of different insulins

Provide ideas of how to monitor progress between clinic appointments

**Learning Objectives:**

Do I know how to correctly give an injection (all)?

Can I show how to give a bolus dose on a pump (if applicable)?

Do I know the daily targets for BG and 14 day average on meter?

**Assessment for Learning (AfL) activities built into session:**

Using demo pen and ‘skin’ to demonstrate injection technique

Use demo pump and cannula to demonstrate infusion set change (if applicable)

Use of bolus advisor/pump to show independent use of tech

Navigate own BG meter to find 14d average

**Evaluation activities to be built into session:**

Post it - Is your current 14 day average in or out of target?

**Materials/resources needed:**

Demo injection pen and ‘skin’ or other injectables

Individuals own BG meter and/or pump if applicable

Demo cannula and infusion set (if applicable)

Access to DigiBete Videos (essentials - injection technique, cannula change)

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| **Time** | **Session Content/Taught Content** | **Resources Needed** |
| 2 mins  2 mins  5 mins  3 mins | At this age we want you to be doing some or all of the practical skills of diabetes  -who is on injections?  -who is on a pump?  It is important that you can all do an injection in case the pump breaks. At high school you will have to do your own injections independently  Demonstrate correct injection procedure and technique using demo kit  Everyone in group to practice, supervised by staff  During this time have discussion about site rotation, hyperlipertrophy, ‘lumps’  For those on pumps - who knows how to change their cannula?  One child to demonstrate their own process with demo kit  Educators to provide explanations for what is done  While this is happening, talk to the person next to you about where you do your injections/cannula sites | Listen to responses  Demo kit and ‘skin’ or injectables  Several demo kits and injectables  Demo kit of cannula and giving set  Share experiences of injection sites |
| 2 mins  2 mins  2 mins | Q: What are the names of your insulins?  Q: What is the difference?  Q: Where are they stored? Why  Q: What BG number are you aiming for when you check?  Q: How can you monitor progress between clinic visits?  Use individual BG meters to find 14d average - aiming for 8mmol or less. Educators to supervise | Listen to responses  Listen to responses - clarify right answers  Listen to responses - clarify right answers  Individuals use their own meter to find 14d average |
| 8 mins | Summary:  Watch DigiBete essentials videos (injection technique, cannula change) to summarise and revise tasks | Access to website with screen + projector/tablets/laptops |
| 1 min | Evaluation:  On a post-it-note, what is your 14d average today, and what to aim for next time you check | Post-it-notes  Set own individual target based on current position |