

**Goals of Diabetes Lesson Plans**

**12-13 years**

**Practical Skills**

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| **Goals of Diabetes Lesson Plans** | **Age Group: 12-13y** |
| **Topic: Insulin and BG testing**  **Delivered by Nurse** |  |
| **Title of session:**  **Practical skills** | **Timing of session:**  **Approx 30 mins** |

**Aim of session:**

Increasing independence in practical skills

Use of their own technology and how to programme it

Develop understanding of downloads from meters and pumps

**Learning Objectives:**

Have I practiced giving an insulin injection, even if on a pump?

Can I explain why it is important to rotate injection/infusion sites?

Can I use my own equipment with simple reprogramming if needed?

Can I find my 14d average glucose?

Can I make simple interpretations of downloads?

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

Demonstrate how to give an insulin injection with correct technique

Describe lipohypertrophy and its effect on BG

Use own equipment to change doses (pump or expert meter)

Find 14d average BG on own equipment

Analyse anonymised Diasend downloads

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

State what 14d average to aim for to achieve HbA1c close to target

**Materials/resources needed:**

Demo insulin pens, needles and injectables

Lipo pictures/lipo box

Own pump/BG meter/ expert meter (if applicable)

Printed anonymised Diasend downloads showing different elements

Access to DigiBete Goals of Diabetes Videos

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| **Time** | **Session Content/Taught Content** | **Resources Needed** |
| 4 mins  2 mins  5 mins | Insulin will only work if it is injected/infused correctly and into healthy skin  In pairs, show each other correct injection technique, supervised by educator  Q: For those on pumps, when might you give an injection?   * Pump failure * If 1 correction has not worked through pump * Pump holiday, some people swap to injections for holidays   Q: Why is it important to inject/put infusion cannula in different parts of the body?  Educator to explain lipohypertrophy  If lipo box available, YP to find hidden lipos  Educator to explain how to check for lumps at home with gel in shower | Demo injection pens, needles, injectables  Listen to responses  Listen to responses  Show pictures  Lipo box with hidden lumps |
| 3 mins  10 mins  5 mins | Q: With your own meter/pump handset, please find:  What is your breakfast ratio?  What is your correction (ISF) dose at 6pm?  What is you 14d average glucose?  Pump only – what is your total basal rate?  YP to find their own way round equipment with educator’s help if needed  14d average is an important indicator of how close to target your BG is  Aiming for 14d average of 8mmol  Q: How many checks a day is good for managing diabetes?  NICE says 5/day minimum  Q: What is the ideal target range?  (4-7mmol pre-meal, 5-9 post meal)  Work in pairs to look at some anonymised Diasend downloads of real people  With educator supervision, ask YP to make comments, interpretations, explanations, offer generalised advice about insulin changes.  Each pair to present their download and their advice, decisions and comments | Own equipment – bolus adviser, pump handset  Listen to responses  Listen to responses  Pre-selected anonymised Diasend downloads showing different features: e.g.  Glucose values only  Pump downloads with few bolus doses  With very little information  With all high BG  With lots of low BG  With high BG on waking |
| 1 min | Evaluation:  What 14d average glucose should you aim for?  How many checks per day can you do? |  |