

**Goals of Diabetes Lesson Plans**

**14-15 years**

**My Diabetes**

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| **Goals of Diabetes Lesson Plans** | **Age Group: 14-15y** |
| **Topic: What is Diabetes, long term complications**  **Delivered by Nurse** |  |
| **Title of session:**  **My Diabetes** | **Timing of session:**  **Approx 40 mins** |

**Aim of session:**

To understand the effects of diabetes on the body

To learn about potential future complications and how to prevent them

To understand the significance of HbA1c

To explain purpose of Annual Review checks

**Learning Objectives:**

Can I describe what diabetes is and how insulin works?

Do I know which organs can be affected by long term effects of diabetes?

Can I give a simple definition of HbA1c and ideal target?

Do I know what the annual review checks are and why they are done?

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

Use own words to describe diabetes

Describe how insulin works using ‘lock and key’ analogy (or other descriptors)

Identify which organs can potentially be affected by long term effects of diabetes

State their own HbA1c target

Identify barriers to achieving HbA1c

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

Identify something positive they can do to reduce effects of diabetes

**Materials/resources needed:**

Flip chart and pens

Body board or similar resource/pre-drawn body outline on flip chart

Diabetes UK - What is Diabetes video

Access to DigiBete relevant essentials videos

HbA1c ‘red balls’ with glucose attached

Sieves with holes to explain microalbuminuria/thickened artery pictures or models

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| **Time** | **Session Content/Taught Content** | **Resources Needed** |
| 5 min  5 mins  5 mins | Q: If you were a doctor, having to tell someone newly diagnosed with T1 diabetes, what would you tell them?   * To explain what diabetes is * What is in the journey ahead   How does insulin work in the body?  Ask for volunteer to use body board or draw on flipchart  Educator to clarify any mis-descriptions to provide clear explanation for group - same for pump and pen  Show Diabetes UK ‘What is Diabetes’ video | Listen to responses  Share experiences and knowledge  Body board with suitable magnets (glucose, keys, blood vessels etc)  Flip chart and pens  Laptop and screen to show video ([www.diabetes.org.uk](http://www.diabetes.org.uk))  <https://www.diabetes.org.uk/diabetes-the-basics/diabetes-and-the-body> |
| 3 mins  7 mins | Q: How do we measure if you have enough insulin?  BG tests/CGM in target  HbA1c every 3 months  Q: Can anyone explain what HbA1c is?  Educator to give clear explanation using HbA1c ‘red balls’ - RBC with glucose attached, last for 3 months  Q: What HbA1c number are we aiming for?  Acknowledge different individual targets, but state national target  Is this easy to reach?  What are the barriers to achieving this?  e.g.: life, growth, hormones, school, exam stress, family stress, unhealthy food choices, lack of exercise, lack of routine, forgetting insulin, upset with friends, increasing independence, alcohol  Q: Why are we aiming for HbA1c to be as close to 48mmol as possible?  Clarify myths and expectations about long term complications | Listen to responses  Listen to responses  ‘Red balls’ with glucose attached, or similar resource to explain HbA1c  Listen to individuals’ responses  Flip chart for answers  Listen to responses  Assess knowledge of LT complications and how long they take to happen |
| 8 mins | Q: Which organs can potentially be affected by diabetes?  Short or long term?  In pairs come up with a list of what can be affected  Short: skin, brain (concentration), blurred vision, headaches  Long: eyes, feet, kidneys, heart, blood vessels, reproductive health - fertility and ED  Use body board or pre-drawn body on flip chart to identify the above – invite pairs to feedback  Educator to explain the potential effects of long term diabetes, and connect AR checks with different organs (as a way of screening for any long-term effects so any problems flagged up early)  Q: What can you do to help reduce the effects of diabetes?  In your pairs, can you think of what you can do  Pairs to feedback   1. Take insulin regularly 2. Keep BG as close to target as possible 3. Eat healthy protective food - not too much fat or salt 4. Do some activity to keep blood flowing 5. Don’t smoke 6. Get AR checks done | Listen to responses  Use body board or pre-drawn outline of body on flip chart  Use leaky sieves to explain microalbuminuria  Use blocked artery pics/models for cholesterol screening  Retinal screening pics  Listen to responses  List suggestions on flip chart |
| 3 mins | Summary:  Watch G of D DigiBete videos to summarise and revise tasks (essentials videos, what is diabetes) | Access to website with screen + projector/tablets/laptops |
| 1 min | Evaluation:  What is my own HbA1c target?  What can I do to reduce effects (choose from created list) | List of flip chart suggestions of how to reduce effects of diabetes |