

**Goals of Diabetes Lesson Plans**

**10-11 years**

**Ups and Downs of Diabetes**

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| **Goals of Diabetes Lesson Plans** | **Age Group: 10-11y** |
| **Topic: hypos, hypers and exercise**  **Delivered by Nurse/dietitian** |  |
| **Title of session:**  **Ups and downs of diabetes** | **Timing of session:**  **Approx 35 mins** |

**Aim of session:**

Develop understanding of what BG numbers are out of target (high and low)

How they might feel with BG levels out of target

Learn about potential causes of high and low numbers

Learn how to treat a low BG

How exercise/activity might affect BG

**Learning Objectives:**

Do I know what BG level counts as high or low?

Can I describe my own hypo treatment and how to correctly treat?

Can I identify some potential causes of low and high BG?

Do I know why exercise is good for health?

Do I know how to prepare for exercise?

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

Sharing experiences of low BG

Highs and lows quiz

Review of correct hypo treatment procedure

Sharing activities they participate in

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

Partner talk (peer assessment)

Something new I learned today….

**Materials/resources needed:**

Post it notes – different colours

High/low quiz (attached)

Cards with correct stages of hypo tx (to sort into correct sequence)

Flip charts

Access to DigiBete Goals of Diabetes Videos

**Would these situations make your blood glucose go HIGH, LOW or EITHER?**

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| --- | --- | --- | --- | --- |
|  | HIGH | LOW | EITHER | DON’T KNOW |
| view detailsGiving too much  insulin with a  meal |  |  |  |  |
| view details  Exercise |  |  |  |  |
| Medical supplies, syringe to give shots  Missing insulin |  |  |  |  |
| Businessman with question mark  Guessing carbs in  a meal |  |  |  |  |
| view details  Alcohol |  |  |  |  |
| A multiple choice exam and a pencil  Exam stress |  |  |  |  |
| view details  Growing |  |  |  |  |
| dglxasset[1]  Hot holiday |  |  |  |  |
| Boy smiling while skiing downhill in winter  Cold holiday |  |  |  |  |
| view details  Not rotating  injection sites |  |  |  |  |
| view details  Snacking without  insulin |  |  |  |  |
| view details  Not giving enough  insulin with a meal |  |  |  |  |

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| --- | --- | --- |
| **Time** | **Session Content/Taught Content** | **Resources Needed** |
| 3 mins  4 mins  8 mins | Q: What BG level counts as high or low?  Q: How do you personally feel if you are high or low?  On 2 different coloured post it notes (one colour high, one colour low), write personal symptoms of high/low BG, 1 symptom per post-it-note  Collate post it notes into similar categories to share experiences – listen to any experiences people want to share  Moderate any stories about extreme hypos to reduce anxiety  Q: What can make your BG level go high or low? Complete the quiz individually  Go through answers and explain  Q: At what BG level would you test for ketones?  Above 14mmol/l. Ketone level above 0.6mmol is too high | Listen to responses  Post it notes, flip chart  Flip chart  High and low quiz (attached)  Listen to responses |
| 2 mins  4 mins  4 mins | Task: in pairs, work out the correct sequence for treating a hypo  Sequence cards: Recognise symptoms, tell and adult, test BG, take hypo tx, wait 15 mins, retest BG, eat a biscuit (if meal 1-2h away)  Q: Exercise is one thing that might make your BG go low – does that mean we shouldn’t do it?  Why is exercise a good thing?  Is fun, social, meet new people, good for heart health, strong bones and muscles, healthy weight, can make insulin work better, lowers BG  Important part of diabetes management  Q: What activities/sports do you do? Aiming for 60 minutes every day  Q: How do you prepare for planned exercise?  Reduce insulin – parents role, use bolus adviser, use TBR reduction (if on pump)  Small snacks may be needed if insulin not reduced or exercise for long time | Prepared sequence cards, each step on an individual card. Shuffled packs, enough sets for groups of 2-3 people  Listen to responses  Share activities on flip chart, add others including non-sports  Share ideas for hypo prevention – reduced insulin and/or snacks  Show examples of 5-10g exercise snacks  -small apple, Satsuma, box of raisins, fruit bag  -Jaffa cake, pink wafer, party ring  - rice cakes, skips/quavers  - tube yogurt, small fromage frais |
| 8 mins | Summary:  Watch G of D DigiBete 10-11 hyper, hypo, exercise videos to summarise and revise tasks | Access to website with screen + projector/tablets/laptops |
| 1 min | Evaluation:  Share one new thing you have learned today |  |