

**Goals of Diabetes Lesson Plans**

**12-13 years**

**Ups and Downs of Diabetes**

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| **Goals of Diabetes Lesson Plans** | **Age Group: 12-13y** |
| **Topic: Hypos, hypers and simple illness**  **Delivered by Nurse** |  |
| **Title of session:**  **Ups and Downs of Diabetes** | **Timing of session:**  **Approx 29 mins** |

**Aim of session:**

Learn causes of high and low BG

Suggest ideas of how to prevent high and low BG

Explain the significance of ketones

**Learning Objectives:**

Do I know some of the factors that can affect BG?

Can I describe my own symptoms and treatment for hypoglycaemia?

Can I describe my own symptoms and treatment for hyperglycaemia?

Do I know when to test for ketones?

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

Highs and lows quiz

Identifying suitable hypo treatment from selection

Scenario flashcards and answers

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

**Materials/resources needed:**

Highs and lows quiz (attached)

Selection of appropriate (glucose) and inappropriate (biscuits, chocolate, fruit, s’wich, cheese string)

Scenarios and answer cards (attached examples)

Access to DigiBete Goals of Diabetes Videos – hypos and hypers 12-13y

**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 |  |  |  |  |

**Example scenarios for hyper, hypo, illness**

**Each child to have answer flash cards which state:**

**TREAT HYPO /GIVE A CORRECTION /TEST FOR KETONES /HAVE A SNACK**

**Example scenarios:**

1. **BG 3.2 mmol, lunch in 30 mins time**
2. **BG 6 mmol, about to play football**
3. **BG 17.4mmol, feeling a bit poorly**
4. **BG 15.3mmol, about to play basketball**
5. **BG 12.2mmol, about to eat lunch**
6. **BG 3.8mmol, been sick, not very well, not eating**
7. **BG 14.5mmol, on an insulin pump**

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| --- | --- | --- |
| **Time** | **Session Content/Taught Content** | **Resources Needed** |
| 2 min  8 mins  2 mins  5 mins  1 min | Q: What BG level do you call low or high?  Complete highs and lows quiz individually  Educator to go through each factor and explain effects – may be different for different people  Q: How do you feel if you are low?  Q: How do you feel if you are high?  What are suitable treatments for a low BG?  Group task to identify appropriate treatments from a mixed selection  Pick out correct treatments from a selection of suitable and unsuitable foods or drinks  Educator to clarify choices  Q: What should you do after treating a hypo?  Wait 15 minutes and recheck – explain why | Listen to individual responses – agree definitions together  Highs and lows quiz  Listen to responses and share experiences  Listen to responses for both  Flip chart to write responses  Identify common symptoms  Selection of suitable (glucose in different forms) and unsuitable foods (sandwich, yogurt, chocolate, biscuit, fruit, crisps, cheese string)  Listen to responses |
| 2 mins  3 mins | Q: When would you test for ketones?  Above 14mmol OR if unwell with any BG  Educator to explain what ketones are, how they form, potentially dangerous, need for extra insulin to clear if above 0.6mmol  Summary quiz: (attached)  Each YP to have a set of 4 flashcards – answers to scenarios   * Treat hypo * Give correction * Have a snack * Test for ketones   Could also write on whiteboards – answers same  Read out scenarios and give time for each to show an answer on flashcards/ | Listen to responses  Refer back to illness on highs/lows quiz  YP to show an answer to each scenario |
| 5 mins | Summary:  Watch G of D DigiBete 12-13y hypo, hyper videos to summarise and revise tasks | Access to website with screen + projector/tablets/laptops |
| 1 min | Evaluation:  How much have you understood today? | Thumbs up - all  Thumbs middle - some  Thumbs down - none |