

**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 detailsExercise |  |  |  |  |
| Medical supplies, syringe to give shotsMissing insulin |  |  |  |  |
| Businessman with question markGuessing carbs ina meal |  |  |  |  |
| view detailsAlcohol |  |  |  |  |
| A multiple choice exam and a pencilExam stress |  |  |  |  |
| view detailsGrowing |  |  |  |  |
| dglxasset[1]Hot holiday |  |  |  |  |
| Boy smiling while skiing downhill in winterCold holiday  |  |  |  |  |
| view detailsNot rotating injection sites |  |  |  |  |
| view detailsSnacking without insulin |  |  |  |  |
| view detailsNot 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**

|  |  |  |
| --- | --- | --- |
| **Time** | **Session Content/Taught Content** | **Resources Needed** |
| 2 min8 mins2 mins5 mins1 min | Q: What BG level do you call low or high?Complete highs and lows quiz individuallyEducator to go through each factor and explain effects – may be different for different peopleQ: 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 selectionPick out correct treatments from a selection of suitable and unsuitable foods or drinksEducator to clarify choicesQ: What should you do after treating a hypo?Wait 15 minutes and recheck – explain why | Listen to individual responses – agree definitions togetherHighs and lows quizListen to responses and share experiencesListen to responses for bothFlip chart to write responsesIdentify common symptomsSelection of suitable (glucose in different forms) and unsuitable foods (sandwich, yogurt, chocolate, biscuit, fruit, crisps, cheese string)Listen to responses |
| 2 mins3 mins | Q: When would you test for ketones?Above 14mmol OR if unwell with any BGEducator to explain what ketones are, how they form, potentially dangerous, need for extra insulin to clear if above 0.6mmolSummary 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 sameRead out scenarios and give time for each to show an answer on flashcards/ | Listen to responsesRefer back to illness on highs/lows quizYP 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 - allThumbs middle - some Thumbs down - none |