

**Goals of Diabetes Lesson Plans**

**10-11 years**

**My Diabetes, My Body**

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| **Goals of Diabetes Lesson Plans** | **Age Group: 10-11y** |
| **Topic: What is diabetes?**  **Long term complications**  **Delivered by Nurse** |  |
| **Title of session:**  **My diabetes, my body** | **Timing of session:**  **Approx 20 mins** |

**Aim of session:**

Understanding the effects of diabetes on the body

Learn potential future problems and how to prevent them

Understand the significance of HbA1c

**Learning Objectives:**

Do I know what diabetes is and how insulin works?

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

Can I explain what HbA1c is and what to aim for?

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

Describe how insulin works using ‘lock and key’ analogy

Identify which organs can be affected (eyes, kidneys, heart, circulation (feet) and nerves (feet)

State their own HbA1c target

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

Partner talk (peer assessment)

Goal for own HbA1c target for next visit

**Materials/resources needed:**

HbA1c ‘red balls’ with glucose attached or similar resource

Picture cards of different body organs (brain, lungs, kidney, liver, eyes, feet, intestines, heart, hands, blood vessels, nose, ears)

Access to DigiBete Goals of Diabetes Videos

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| **Time** | **Session Content/Taught Content** | **Resources Needed** |
| 4 min  2 mins  3 mins | Talk to the person next to you:  If they were your friend who knew nothing about diabetes – what would you say? Use some of the key words provided to help you explain  Take it in turns to explain – 2 mins each then swap  Include lifelong, without blame, not contagious in feedback discussions  How does insulin work?  Educator to provide clear explanation of how insulin works using lock and key analogy  Some insulin fast acting, some slow, pumps only contain fast  How do we measure if you have enough insulin?   * BG tests * HbA1c   Q Can anyone explain what HbA1c is measuring?  Educator to use HbA1c red balls or similar to explain RBC with glucose attached | Put key words on a flip chart (including lifelong, no fault, not catching) as well as pancreas/glucose/insulin/food/exercise/injection/blood etc  Listen to responses and discussions  Listen to responses  Use flip chart to draw lock and key analogy  Listen to responses  HbA1c red balls or similar resource |
| 2 mins  3 mins  3 mins | Q: What HbA1c number are we aiming for?  Is this easy to reach?  Not aiming for zero  Q: Why are we aiming for this to be as close to 48mmol as possible?  Clarify myths and unrealistic expectations  Q: Which organs in the body are most at risk from the long-term effects of diabetes  Pick out these organs from the selection of pictures  Eyes kidneys, heart, feet most at risk due to very small blood vessels  -relate these organs to annual review checks (foot checks)  - blood pressure (to check kidneys working)  No retinal, cholesterol, microalbuminuria screening in this age group  Q: We can’t cure diabetes, but what can you do to help reduce the effects of diabetes?   1. Keep BG as low as possible 2. Eat healthy protective food 3. Do some activity to keep blood flowing 4. Don’t smoke | Listen to individual responses  By responses, assess what they know about long term complications, how long they take to happen  Assorted picture cards of different organs/body parts  Pick out main ones affected  Flip chart for ideas |
| 2 mins | Summary:  Watch relevant G of D DigiBete 10-11 or essentials videos to summarise and revise tasks | Access to website with screen + projector/tablets/laptops |
| 1 min | Evaluation:  On a post it, what is your own HbA1c target for next clinic visit? Guide, based on previous value | Post it notes, access to previous HbA1c for each child |