

**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 min2 mins3 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 explainTake it in turns to explain – 2 mins each then swapInclude lifelong, without blame, not contagious in feedback discussionsHow does insulin work?Educator to provide clear explanation of how insulin works using lock and key analogySome insulin fast acting, some slow, pumps only contain fastHow 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 etcListen to responses and discussionsListen to responsesUse flip chart to draw lock and key analogyListen to responsesHbA1c red balls or similar resource |
| 2 mins3 mins3 mins | Q: What HbA1c number are we aiming for?Is this easy to reach?Not aiming for zeroQ: Why are we aiming for this to be as close to 48mmol as possible?Clarify myths and unrealistic expectationsQ: Which organs in the body are most at risk from the long-term effects of diabetesPick out these organs from the selection of picturesEyes 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 groupQ: 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 responsesBy responses, assess what they know about long term complications, how long they take to happenAssorted picture cards of different organs/body partsPick out main ones affectedFlip 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 |