





# **Goals of Diabetes Lesson Plans**

### 12-13 years

## **Ups and Downs of Diabetes**

Goals of Diabetes Lesson Plans	Age Group: 12-13yrs
<b>Topic:</b> Hypos, hypers and simple illness. (Delivered by Nurse)	
<b>Title of session:</b> Ups and Downs of Diabetes.	<b>Timing of session</b> : Approx 29mins

#### 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) hypo treatments.
- Scenarios and answer cards (attached examples).
- Access to DigiBete Goals of Diabetes Videos hypos and hypers 12-13y.

### www.digibete.org





	High	Low	Either	Don't know
Giving too much insulin with a meal				
Exercise				
Missing insulin				
Guessing carbs in a meal				
Alcohol				
Exam stress				
Growing				
Hot holiday				
Cold holiday				
Not rotating Injection/pump sites				
Snacking without insulin				
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.





Time	Session Content/ Taught Content	Resources Needed
2 mins 8 mins	<b>Q</b> : What glucose 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. There are many other things that can affect BG too, not just these.	Listen to individual responses – agree definitions together. Highs and lows quiz. Listen to responses and share experiences.
2 mins	<ul> <li>Q: How do you feel if you are low?</li> <li>Q: How do you feel if you are high?</li> <li>When would you check your BG rather than use your sensor glucose?</li> <li>Explain that glucose meter and glucose sensor measure different things.</li> </ul>	Listen to responses for both. Flip chart to write responses. Identify common symptoms.
5 mins	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.	Selection of suitable (glucose in different forms) and unsuitable foods (sandwich, yogurt, chocolate, biscuit, fruit, crisps, cheese string).
1 min	<b>Q</b> : What should you do after treating a hypo? Wait 15 minutes and recheck – explain why.	Listen to responses.





Time	Session Content/ Taught Content	Resources Needed
2 mins	<b>Q</b> : When would you check for ketones? Above 14mmol/L 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/L.	Listen to responses. Refer back to illness on highs/lows quiz.
3 mins	<ul> <li>Summary quiz: (attached).</li> <li>Each YP to have a set of 4 flashcards – answers to scenarios</li> <li>Treat hypo</li> <li>Give correction</li> <li>Have a snack</li> <li>Check for ketones</li> <li>Could also write on whiteboards – answers same.</li> <li>Read out scenarios and give time for each to show an answer on flashcards.</li> </ul>	YP to show an answer to each scenario.
5 mins	<b>Summary:</b> Watch G of D DigiBete 12-13y hypo, hyper videos to summarise and revise tasks. Or complete 12-13y quiz on DB app.	Access to website with screen + projector/tablets/laptops.
1 min	<b>Evaluation:</b> How much have you understood today?	Thumbs up - all Thumbs middle - some Thumbs down - none