



Goals of Diabetes Lesson Plans

12-13 years

Ups and Downs of Diabetes

Goals of Diabetes Lesson Plans	Age Group: 12-13yrs
Topic: Hypos, hypers and simple illness. (Delivered by Nurse)	
Title of session: Ups and Downs of Diabetes.	Timing of session: 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?




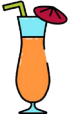






Assessment for Learning (AfL) activities built into session:

- 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.

	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
<p>2 mins 8 mins</p>	<p>Q: 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.</p>	<p>Listen to individual responses – agree definitions together. Highs and lows quiz. Listen to responses and share experiences.</p>
<p>2 mins</p>	<p>Q: How do you feel if you are low? Q: How do you feel if you are high? When would you check your BG rather than use your sensor glucose? Explain that glucose meter and glucose sensor measure different things.</p>	<p>Listen to responses for both. Flip chart to write responses. Identify common symptoms.</p>
<p>5 mins</p>	<p>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.</p>	<p>Selection of suitable (glucose in different forms) and unsuitable foods (sandwich, yogurt, chocolate, biscuit, fruit, crisps, cheese string).</p>
<p>1 min</p>	<p>Q: What should you do after treating a hypo? Wait 15 minutes and recheck – explain why.</p>	<p>Listen to responses.</p>

