



Goals of Diabetes Lesson Plans

10-11 years

Practical Skills

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| Goals of Diabetes Lesson Plans | Age Group: 10-11yrs |
| Topic: Insulin and BG checking (Delivered by Nurse/Dietitian) | |
| Title of session: Practical Skills | Timing of session: Approx 27mins |

Aim of session:

- Develop understanding of how to use equipment independently from parents.
- Identifying the different action of different insulins.
- Provide ideas of how to monitor progress between clinic appointments.

Learning Objectives:

- Do I know how to correctly give an injection (all)?
- Can I show how to give a bolus dose on a pump (if applicable)?
- Do I know the daily targets for BG and 14 day average on meter/sensor?

Assessment for Learning (AfL) activities built into session:

- Using demo pen and 'skin' to demonstrate injection technique.
- Use demo pump and cannula to demonstrate infusion set change (if applicable).
- Use of sensor/app/pump to show independent use of tech.
- Navigate own glucose meter/pump/app to find 14d average.

Evaluation activities to be built into session:

- Post it - Is your current 14 day average in or out of target?

Materials/resources needed:

- Demo injection pen and 'skin' or other injectables.
- Individuals own glucose meter/sensor and/or pump if applicable.
- Demo cannula and infusion set (if applicable).
- Access to DigiBete Videos (essentials - injection technique, cannula change).

| Time | Session Content/ Taught Content | Resources Needed |
|--------|---|---|
| 2 mins | At this age we want you to be doing some or all of the practical skills of diabetes -who is on injections? -who is on a pump? It is important that you can all do an injection in case the pump breaks. At high school you will usually have to do your own injections independently | Listen to responses |
| 2 mins | Demonstrate correct injection procedure and technique using demo kit | Demo kit and 'skin' or injectables |
| 5 mins | Everyone in group to practice, supervised by staff During this time have discussion about site rotation, hyperlipertrophy, 'lumps', how to check, avoidance of lumps | Several demo kits and injectables |
| 3 mins | For those on pumps - who knows how to change their cannula? One child to demonstrate their own process with demo kit Educators to provide explanations for what is done While this is happening, talk to the person next to you about where you do your injections/cannula sites | Demo kit of cannula and giving set Share experiences of rotating injection sites |
| 2 mins | Q: What are the names of your insulins? Q: What is the difference? Q: Where are they stored? Why | Listen to responses Listen to responses - clarify right answers |
| 2 mins | Q: What BG number are you aiming for when you check? What counts as a target range for sensor glucose? Q: How can you monitor glucose between clinic visits? | Listen to responses - clarify right answers |
| 2 mins | Use individual glucose meters/app/sensor to find 14d average - aiming for 8mmol or less. Educators to supervise | Individuals use their own meter/app/sensor to find 14d average |
| 8 mins | Summary: Watch DigiBete essentials videos (injection technique, cannula change) to summarise and revise tasks | Access to website with screen + projector/ tablets/laptops |
| 1 min | Evaluation: On a post-it-note, what is your 14d average today, and what to aim for next time you check | Post-it-notes Set own individual target based on current position |