



Goals of Diabetes Lesson Plans

Introduction

The Goals of Diabetes Education lesson plans are designed for small group education sessions, following the key age banded learning points set out in the Goals of Diabetes Education document.

They are designed to be delivered within an NHS setting where resources are limited – any physical resources required are easily and cheaply sourced. Assumptions are made that children and young people aged 12y+ will have access to their own smartphone. Provision should be made for those who do not. The lesson plans have aims and learning objectives, and opportunities for simple assessment.

Time is a precious resource within the NHS and sometimes a barrier to conducting group education. The pre-prepared lesson plans are offered to Healthcare Professionals (HCP) to save them time. They can be changed and adapted in any way the local HCP prefers.