DigiBete Structured Education

Goals of Diabetes Lesson Plans

10-11 years

My Diabetes, My Body

Goals of Diabetes Lesson Plans	Age Group: 10-11yrs
Topic: What is Diabetes Long term complications/future Health with diabetes. (Delivered by Nurse)	
Title of session: My Diabetes, My Body	**Timing of session:** Approx 20mins

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 Annual review Quiz.

Time	Session Content/ Taught Content	Resources Needed
4mins	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 explain. Take it in turns to explain – 2 mins each then swap. Include lifelong, without blame, not contagious in feedback discussions.	Put key words on a flip chart (including lifelong, no fault, not catching) as well as pancreas/glucose/insulin/food/ exercise/injection/blood etc. Listen to responses and discussions.
2mins	How does insulin work? Educator to provide clear explanation of how insulin works using lock and key analogy. Some insulin fast acting, some slow, pumps only contain fast.	Listen to responses. Use flip chart to draw lock and key analogy.
3mins	How do we measure if you have enough insulin? • BG checks/sensor readings. • HbA1c. **Q:** Can anyone explain what HbA1c is measuring? Educator to use HbA1c red balls or similar to explain RBC with glucose attached.	Listen to responses. HbA1c red balls or similar resource to show glucose stuck to red cells.
2mins	**Q:** What HbA1c number are we aiming for? Is this easy to reach? Not aiming for zero. **Q:** Why are we aiming for this to be as close to 48mmo/moll as possible? Clarify myths and unrealistic expectations.	Listen to individual responses. By responses, assess what they know about long term complications, how long they take to happen.
3mins	**Q:** Which organs in the body are most at risk from the long-term effects of diabetes? Pick out these organs from the selection of pictures.	Assorted picture cards of different organs/body parts. Pick out main ones affected.

Time	Session Content/ Taught Content	Resources Needed
3mins	Eyes kidneys,feet most at risk due to very small blood vessels. Heart for heart disease. -relate these organs to annual review checks (foot checks). - blood pressure (to check kidneys working). No retinal, cholesterol, microalbuminuria screening in this age group. **Q:** We can't cure diabetes, but what can you do to help reduce the effects of diabetes? 1. Keep glucose in target as much as possible. 2. Eat healthy protective food. 3. Do some activity to keep blood flowing. 4. Don't smoke.	Flip chart for ideas.
2mins	**Summary:** Watch relevant DigiBete resources or annual review quiz to summarise and revise tasks.	Access to website with screen + projector/tablets/laptops.
1min	**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.