



Goals of Diabetes Lesson Plans

12-13 years

My Diabetes, My Body

Goals of Diabetes Lesson Plans	Age Group: 12-13yrs
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 33mins

Aim of session:

- To understand the effect of diabetes on the body.
- Learn about potential future problems and how to prevent them.
- Understand the significance of HbA1c.
- Explain the Annual Review checks.

Learning Objectives:

- Can I describe what diabetes is and how insulin works?
- Do I know which organs can be affected by long term effects of diabetes?
- Can I give a simple description of HbA1c and the ideal target?
- Do I know what the annual review checks are and why they are done?

Assessment for Learning (AfL) activities built into session:

- Use own words to describe diabetes.
- Describe how insulin works using lock and key analogy.
- Identify potential organs that can be affected – task.
- State their own HbA1c target.

Evaluation activities to be built into session:

- Small group activity.
- Identify something to reduce effects of diabetes.

Materials/resources needed:

- Flipchart.
- Roll of lining paper and pens – draw round a person.
- HbA1c 'red balls' – red cells with glucose attached.
- Sieves with holes to explain microalbuminuria.
- Thickened artery pictures/models.
- Access to DigiBete app/website.
- DUK video showing lock and key analogy.

Time	Session Content/ Taught Content	Resources Needed
3 mins	In pairs, discuss how would you describe to a friend what diabetes is?	Listen to responses in paired discussions.
3 mins	<p>Q: How does insulin work in the body? (same description whether on pen or pump). Educator to draw simple 'lock and key' explanation of insulin. DUK video shows visuals of this.</p>	<p>Listen to responses.</p> <p>Flipchart and pen/DUK video segment.</p>
8 mins	<p>Q: How do we measure if you each have enough insulin?</p> <p>Q: Can anyone explain what they think HbA1c is?</p> <p>Educator to give clear explanation using HbA1c red balls – red blood cells with glucose attached, last 3 months.</p> <p>Q: What HbA1c number are we aiming for? Is this easy to reach? Whatever an individual's target, praise the effort involved in trying to achieve it. Challenging during growing years. Not aiming for zero.</p> <p>Q: Why are we aiming for this to be as close to 48mmol/mol as possible? Assess knowledge of long term complications and how long they take to happen by responses. Clarify myths and expectations.</p> <p>What is Time in Range? For those on sensors, what is the TIR target?</p>	<p>BG checks/CGM in target. HbA1c measured at clinic every 3 months. Listen to responses.</p> <p>HbA1c red balls with glucose attached or similar visual resource.</p> <p>Listen to individuals' responses.</p> <p>Listen to responses, more detailed answer than 'to be healthy'.</p> <p>Listen to responses. Do they monitor their own time in range between clinic appts?</p>

Time	Session Content/ Taught Content	Resources Needed
<p>5 mins</p> <p>5 mins</p> <p>3 mins</p>	<p>Split group into 2 and ask for 2 volunteers. Each group draws around the outline of a volunteer lying on the lining paper. On the outline, everyone to draw in organs potentially affected by diabetes (in short or long term), in roughly the right places. Educator to supervise – include eyes, feet, heart, kidneys, blood vessels, brain (high glucose affect mood), skin (can be more spotty with high glucose), genital area (more UTIs), pregnancy. Compare the 2 pictures.</p> <p>Educator to explain potential long-term effects of diabetes over a period of time. Connect annual review tests with different organs on body.</p> <p>Q: What can you do to help reduce effects of diabetes?</p> <ol style="list-style-type: none"> 1. Take insulin regularly. 2. Keep glucose as close to target as possible. 3. Eat healthy protective food – not too much fat or salt. 4. Do some activity to keep blood flowing. 5. Don't smoke. 6. Have annual checks to help pick up any problems early. 	<p>Length of lining paper bigger than a person x 2 Marker pens.</p> <p>Use 'leaky sieves' to explain microalbuminuria. Furred artery pictures/models for cholesterol screening. Flip chart list.</p>
<p>2mins</p>	<p>Summary: Watch Annual review video on DigiBete or complete AR Quiz on app.</p>	<p>Access to website with screen + projector/tablets/laptops or phone app.</p>
<p>1min</p>	<p>Evaluation: What is my own HbA1c target? What can I do to help reduce the effect of diabetes? (choose from the list).</p>	<p>Post-it-notes.</p>