



## Goals of Diabetes Lesson Plans

14-15 years

### My Diabetes

<b>Goals of Diabetes Lesson Plans</b>	<b>Age Group: 14-15yrs</b>
<b>Topic:</b> What is Diabetes Long term complications/future Health with diabetes. (Delivered by Nurse)	
<b>Title of session:</b> My Diabetes	<b>Timing of session:</b> Approx 40mins

#### Aim of session:

- To understand the effects of diabetes on the body.
- To learn about potential future health complications and how to prevent them.
- To understand the significance of HbA1c.
- To explain purpose of 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 definition of HbA1c and 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 (or other descriptors).
- Identify which organs can potentially be affected by long term effects of diabetes.
- State their own HbA1c target.
- Identify barriers to achieving HbA1c.

#### Evaluation activities to be built into session:

- Identify something positive they can do to reduce effects of diabetes

#### Materials/resources needed:

- Flip chart and pens.
- Body board or similar resource/pre-drawn body outline on flip chart.
- Diabetes UK - What is Diabetes video/DB diabetes explainer.
- DigiBete app.
- HbA1c 'red balls' with glucose attached.
- Sieves with holes to explain microalbuminuria/thickened artery pictures or models.
- Pictures of retinal screening images – healthy and with retinopathy.



Time	Session Content/ Taught Content	Resources Needed
5mins	<p><b>Q:</b> Which organs can potentially be affected by diabetes? Short or long term? In pairs come up with a list of what can be affected</p>	<p>Listen to responses Share experiences and knowledge</p>
5mins	<p>Short: skin (spots and infections), brain (concentration), blurred vision, headaches, UTIs</p>	<p>Body board with suitable magnets (glucose, keys, blood vessels etc) Flip chart and pens</p>
5mins	<p>Long: eyes, feet, nerves, circulation, kidneys, heart, blood vessels, reproductive health - fertility and ED</p>	<p>Laptop and screen to show video (www.diabetes.org.uk)</p>
5mins	<p>Use body board or pre-drawn body on flip chart to identify the above – invite pairs to feedback</p>	<p><a href="https://www.diabetes.org.uk/diabetes-the-basics/diabetes-and-the-body">https://www.diabetes.org.uk/diabetes-the-basics/diabetes-and-the-body</a></p>
5mins	<p>Educator to explain the potential effects of long term diabetes, and connect AR checks with different organs (as a way of screening for any long-term effects so any problems flagged up early)</p>	
5mins	<p><b>Q:</b> What can you do to help reduce the effects of diabetes? In your pairs, can you think of what you can do</p>	
5mins	<p>Pairs to feedback</p>	
5mins	<p>1. Take insulin regularly</p>	
5mins	<p>2. Keep glucose as close to target as possible</p>	
5mins	<p>3. Eat healthy protective food - not too much fat or salt</p>	
5mins	<p>4. Do some activity to keep blood flowing</p>	
5mins	<p>5. Don't smoke/vape</p>	
5mins	<p>6. Get AR checks done every year</p>	
3mins	<p><b>Summary:</b> Watch annual review explainer video/annual review quiz or virtual waiting room</p>	<p>Access to website/app on phone</p>
1min	<p><b>Evaluation:</b> What is my own HbA1c target? What can I do to reduce effects of diabetes on my body (choose from created list)</p>	<p>List of flip chart suggestions of how to reduce effects of diabetes</p>