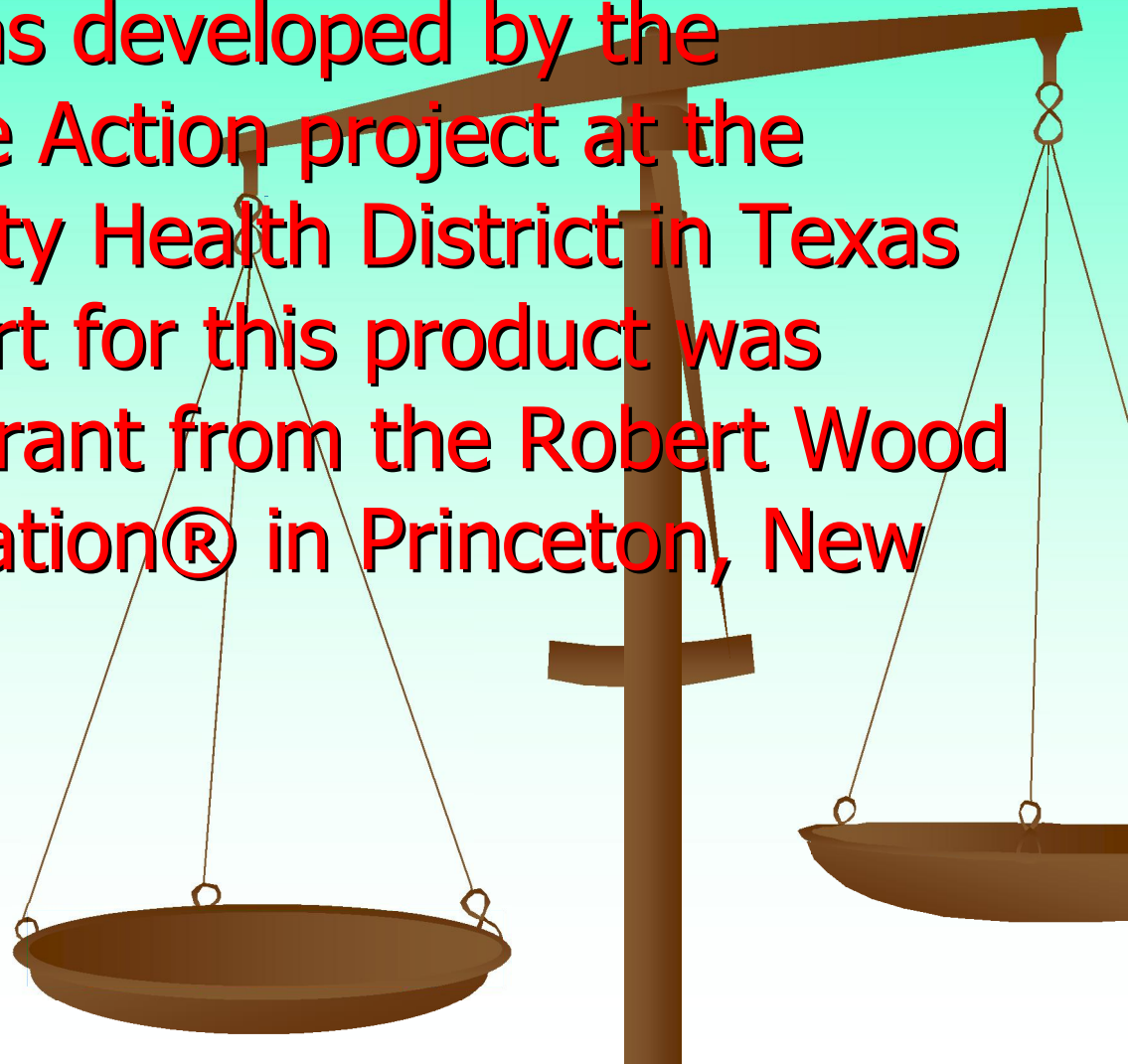


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Family Medicine Orientation

Diabetes Education
Darlene Cass, RN



DIABETES INITIATIVE

A National Program of The Robert Wood Johnson Foundation



 **Washington**
University in St. Louis

SCHOOL OF MEDICINE

THE
ROBERT WOOD
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Why Diabetes Education?

- Diabetes education is now called diabetes self-management training.
- Self-Management training gives patients the knowledge and skills to be able to effectively manage their diabetes on a daily basis.



Diabetes Self-Management Education will:

- Assist patients in identifying barriers
- Facilitate problem solving
- Develop coping strategies.



Diabetes Self-Management Includes:

- Individualized Assessment
- Collaborative Goal Setting
- Teaching Skills (self monitoring, medication mgmt., healthy eating, physical activity, weight loss, healthy coping, problem solving, smoking cessation)
- **Ongoing Follow Up and Support**
- Access to Resources
- Continuity of Quality Clinical Care



Diabetes
Self-Management
Training



What is diabetes

- Risk Factors
- Signs and Symptoms
- Physiology
- Lab tests
- Questions to ask your doctor
- My Diabetic Record



Changing Behavior

- Stages of Change

Action Plans

- Setting Goals

- Small step toward the larger goal



- Talk with your patients about the changes they can make at each visit.
- Follow-up at each visit



American Association of Diabetes Educators

7 Self-Management Behaviors



- Healthy Eating
- Being Active
- Monitoring
- Taking Medication
- Problem solving
- Healthy Coping
- Reducing Risks



Healthy Eating

■ Exchange List

- Groups of foods having about the same number of calories, carbohydrates, fats and protein

■ Exchange List Food Groups

- Carbohydrates

Starches, Grains, Starchy Vegetables, Fruit, Milk

- Non-starchy Vegetables
- Protein
- Fat



Nutrition Facts

Serving Size ½ cup (114g)

Servings Per Container 4

Amount Per Serving

Calories 90 Calories from Fat 30

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 300mg **13%**

Total Carbohydrate 13g **4%**

Dietary Fiber 3g **12%**

Sugars 3g

Protein 3g

Vitamin A 80% • Vitamin C 60%

Calcium 4% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Healthy Eating

■ Food Labels

- Serving Size
- Total Fats
- Sodium
- Total Carbohydrates
- Protein



Healthy Eating

- Ingredient Lists
 - Items are listed by weight
 - Hidden sugar
 - Trans fatty acids
- Portion size
- Meal planning



Healthy Eating

■ Carbohydrates



Healthy Eating

- Protein

7 ounces of protein per day

- Fats

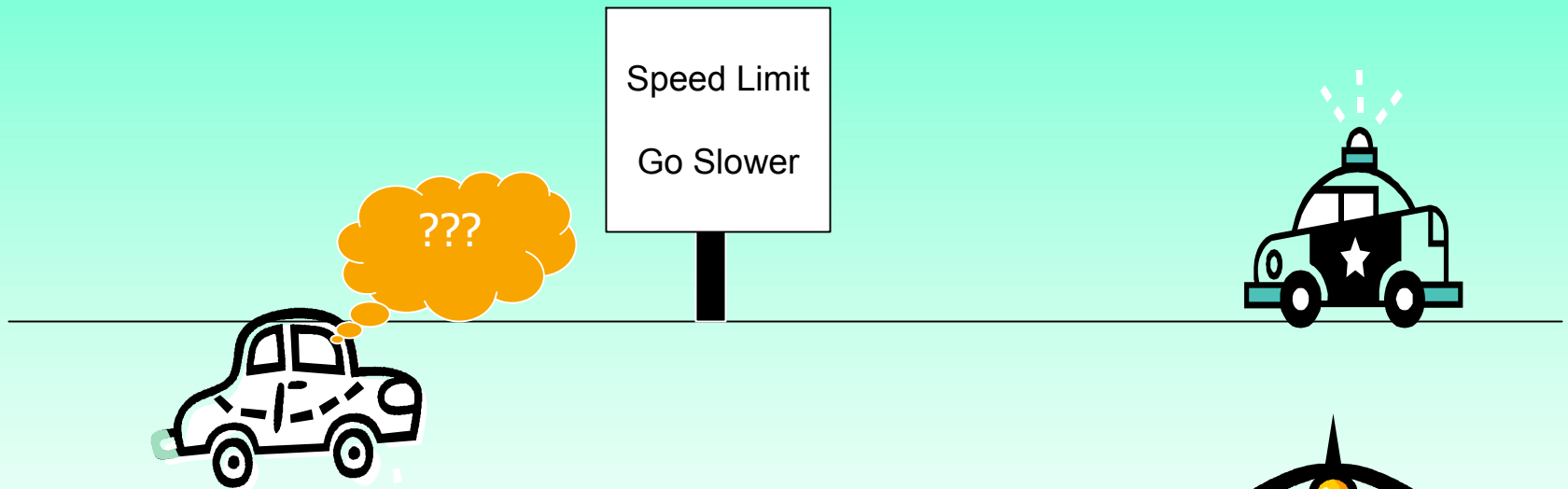
5 servings

- Sodium

 2400 mg per day

Meal plans

- Number of calories per day – Just eat less!



A Meal Plan prescription is just as important as medication



Being Active

- Exercise versus activity
- Start slow
- Build up to your goal
- Increase your activity
- Safety



- Talk with your patients about the exercise that would be safe for them



Monitoring

- How often
- What to do with the results
- If you can not afford a monitor and strips



- Talk with your patients about monitoring blood sugar.

How often,

- When to call the clinic, what is a high and low that they should worry about.
- What should they do when their blood sugar is high or low



Taking Medication

- How often and when
- What will the medicine/insulin do for them
- Side effects and things they can do to decrease the side effects
- Refills
- The relationship between eating and taking their medicine/insulin



- Talk with your patients about what time to take medication and the side effects they might experience



Problem Solving

- How to handle high and low blood sugars
- Determine the cause for the high or low blood sugar, is there a pattern?
- How to take medicine/insulin if a dose is missed
- What to do when sick (medication, food, monitoring, record keeping, when to seek medical help)



- Talk with your patients about high and low blood sugar, when to take medicine and what to do if they are sick



Healthy Coping

- Denial
- Anger
- Depression
- Stress



- Talk with your patients about high and low blood sugar, when to take medicine and what to do if they are sick



What can you do?

- Make sure the patient understands the directions you have given
- Give them the basic tools
 - Medication
 - Meal plan
 - Exercise plan
 - Prescription for monitoring supplies
- Assist in setting goals
- Provide information
 - Drug company booklets
 - Web MD
 - American Diabetes Association



Question or Comments

