

Complications

Learning Objective	Behavior	Learning Method and Materials
1. Explain what "Complications of Diabetes" means.	1.	1. Written material, "Complications" and class discussion.
2. List the body systems that high blood sugar can affect over time. <ul style="list-style-type: none"> • Nerves • Kidneys • Heart and blood vessels • Eyes • Teeth and gums • Skin • Infections 	2.	2. Written material, "Complications" and class discussion.
3. Describe how the filter system of the kidneys is damaged from high blood sugar (diabetes).	3. Control blood sugar and blood pressure. Have a urine test for protein once a year. Take an Ace-inhibitor if ordered by your provider.	3. Written material, "Kidney Problems" and class discussion.
4. Explain how high blood sugars damage blood vessels and the heart.	4. Control blood sugars.	4. Written material, "Heart and Blood Vessel Problems" and class discussion.
5. Describe how high blood sugar along with high blood pressure and high cholesterol damage blood vessels and the heart.	5. Control blood sugar, blood pressure and cholesterol levels. If you smoke, stop. If you are overweight, lose weight. Be active every day.	5. Written material, "Heart and Blood Vessel Problems", pictures of blood vessel disease and class discussion.

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<p>6. Name the signs and symptoms of stroke and heart attack that would cause you to seek medical advice.</p>	<p>6. Seek medical help immediately for signs and symptoms of heart attack or stroke.</p>	<p>6. Written material, "Heart and Blood Vessel Problems" and class discussion.</p>
<p>7. Describe how diabetes and high blood sugars affect the eye.</p> <ul style="list-style-type: none"> • Glaucoma • Cataracts • Retinopathy • Retinal detachment 	<p>7. Have a dilated eye exam every year. Control blood sugar, blood pressure and cholesterol levels. Wear protective lenses in the sun.</p>	<p>7. Written material, "Problems of the Eye", pictures of eye disease and visual problems and class discussion.</p>
<p>8. Describe how good dental hygiene can help prevent gum and tooth disease.</p>	<p>8. Have at least one dental exam a year. Brush your teeth two times a day and floss your teeth every day. Use sugar-free liquids, candy and gum to treat dry mouth. Control blood sugars.</p>	<p>8. Written material, "Teeth and Gum Problems" and class discussion.</p>
<p>9. Describe how to care for your skin.</p>	<p>9. Practice good skin care.</p>	<p>9. Written material, "Skin Problems" and class discussions.</p>
<p>10. Describe the greater risk from cuts, blisters and other injuries to the skin for infection.</p>	<p>10. Control blood sugars.</p>	<p>10. Written material, "Infections" and class discussion.</p>
<p>11. Discuss ways you can help prevent infections and the complications of infections.</p>	<p>11. Check feet and skin daily for injuries. Treat injuries with mild soap and water and clean dressing. Avoid harsh chemicals and sharp objects. Seek medical assistance for wounds that do not heal, become red and painful or</p>	<p>11. Written material, "Foot Ulcers and Infections" and class discussion.</p>

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	have drainage.	
12. Discuss how high blood sugar and decreased circulation can lead to infections of the feet.	12. . Control blood sugars and check feet daily.	12. Written material "Take Good Care of Your Feet" and class discussion
13. Describe the major "do's" and "don'ts" of foot care.	13. . Practice good foot care on a daily basis. Seek medical help at signs of infection, or when a Podiatrist is needed.	13. "Self Testing Instructions for Diabetic Foot Screen Test Sites" and class discussion.
14. Discuss how damage to nerves can affect different areas of the body.	14. Recognize the symptoms of nerve damage and discuss your symptoms with your provider.	14. Written material "Nerve Damage" and class discussion
		Written material, pictures of foot problems and class discussion.