

Medicine

Learning Objective	Behavior	Learning Method and Materials
1. Discuss the seven things you should ask your provider about when starting on a medication.	1. Talk with your provider about any new medication and your current medication if you have questions.	1. Written material " Oral Medication " and class discussion.
2. Discuss side effects and the importance of talking with your provider before discontinuing medication.	2. Know the side effects for the medication you are taking and talk with your provider before stopping or changing the dose of your medication.	2. Written material "Oral Medication" and class discussion.
3. Review the three problems that cause high blood sugar and discuss how different medication works on the problems to lower blood sugar.	3. Know which medication you are taking and the problems it works on.	3. Written material "Oral Medication" and class discussion.
4. Managing diabetes is balancing medication, exercise and food intake to keep your Hemoglobin A1c between 6 and 7.	4. Set goals to address areas of diabetes self-management where you need to make changes.	4. Written material "Oral Medication" and class discussion.
5. Discuss what insulin does in your body.	5.	5. Written material " Insulin " and class discussion.
6. Discuss proper storage of insulin.	6. If you take insulin, store your insulin properly.	6. Written material "Insulin" and class discussion.

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7. Discuss the different insulin's, when they lower the blood sugar the most and when they finish working.	7. Know which insulin you take, when it lowers the blood sugar the most and when it finishes working.	7. Written material "Insulin" and class discussion.
8. Review the seven steps to draw up insulin and demonstrate the technique to new insulin users.	8. Use proper technique to draw up your insulin.	8. Written material "Insulin" and class discussion.
9. Review the five steps for injecting insulin.	9. Use proper technique to inject your insulin.	9. Written material "Insulin" and class discussion.
10. Discuss the different site where insulin can be injected and the importance of rotating the injection sites.	10. Use the correct injection sites and rotate them.	10. Written material "Insulin" and class discussion.