

# What's in this resource?

In this resource you will find:

An introduction

1. Which outlines who the programme is for, its aims, the topics and key messages covered and the intended outcomes. It also contains details of the length and duration of the sessions and what you need to consider prior to running them.

The information you need to successfully run this course

2. The pack consists of 3 main sessions upon completion of which, participants will better understand the importance of healthy living in helping them manage Type 2 diabetes. The sessions are:

1. Session 1 - Introduction to diabetes
2. Session 2 - Taking control of your diabetes part 1
3. Session 3 - Taking control of your diabetes part 2

3. The session material file splits into 4 parts:

- **The session overview** - is a step-by-step guide to what you need to do and when, to ensure that the session runs smoothly. The overview will help you to plan the timings and running order of topics, and the resources that you will need
- **A "quick guide"** - sets out the content, the resources and slides you'll need and a timetable which you can refer to (instead of the overview) once you are more familiar with the session's structure and content
- **Educator's notes** - Detailed notes on running each session. They contain the main content, timings and slide numbers for each topic covered and the key messages that you need to deliver
- **Additional notes** - provide you with further background which you might find useful when running a session

## SUPPORTING MATERIALS AND DOCUMENTS

**Located on the WWW “Educator Support Resources” page:**

### **Educator Notes: Appendices**

- Contact details of translation/interpreting services
- How to order copies of: the Chinese Balance of Health poster translated handouts
- A glossary of terms

**Located on the WWW “Learner Handouts” page:**

- pre-education questionnaires
- pre-education questionnaires
- my health record card
- food and activity diary
- evaluation sheets
- Letter template - Request for Cholesterol and HbA1c

## **INTRODUCTION**

### **Who are the education sessions for?**

1. The sessions are intended for people of Chinese origin with Type 2 diabetes.

### **Aims**

2. The overall aims of the sessions are to ensure that:

- participants have a good understanding of their diabetes and;
- show that a healthier lifestyle can improve their diabetes management

Topics you will cover are:

1. What is diabetes?
2. Diabetes and healthy eating
3. Diabetes and physical activity
4. Taking control of diabetes

### **Outcomes**

3. Through delivery of this pack it is intended that participants will:

- gain an increased knowledge of diabetes
- be able to improve their weight management
- improve their blood glucose control, HbA1c, blood pressure, cholesterol and lipids
- appreciate the importance of attending their diabetes annual review and retinopathy screening

### **Follow-up**

4. Patients who attend the programme are given a "my health record" card. Throughout the programme, participants will set and agreed personal targets which can help them to lead a healthier life and improve control of their diabetes. You should aim to run a follow-up session with your group in 6 months time to review their progress.

**Delivering the content**

5. This education pack is designed to be delivered by two health professionals - a Diabetes Specialist Nurse and a Community Dietitian. For some of the sessions other health professionals can assist you. For example, a podiatrist, community pharmacist, and/ or a physical activity instructor.

**Where should the sessions be held?**

6. Ideally, the sessions should be held in an appropriate community setting, such as a community health centre or a Chinese day care centre.

**How many sessions are there?**

7. There are 3 core sessions which must be delivered to each group.

8. If you have access to cooking facilities you can also run an additional cookery demonstration session upon completion of the core sessions. This would help reinforce the healthy eating message.

**How long does each session last?**

9. Each session should last about 2 hours and it is suggested that you offer participants lunch once a session is complete.

**When should the sessions be run?**

10. Preferably, sessions should be run in the morning from about 10am until 12pm. Lunch should be provided for the participants after each session. Lunch can be used to reinforce key diabetes education messages, and to facilitate discussion on healthy eating. It's also a good opportunity to get to know your group a little better.

11. If you are unable to run the sessions in the morning, then the afternoon session should include a tea break, where you can offer your group tea, fruit juice and fruit.

**How long will it take to deliver the education pack?**

12. It is recommended that you deliver one (2 hour) session each week. There are 3 core sessions in this pack, so delivery of the main content should take 3 weeks to complete.

### **What size should each group be?**

13. You should aim to have between 8-10 participants for each session.

### **Before you begin**

14. You should know your participant's background including their:

- age
- gender
- ethnic origin
- religion
- main language

15. If English is not their first language, you will need to arrange for a trained interpreter to be present at all 3 sessions. Details of how to arrange this are found on the: **WWW “Educator Support Resources” page**

16. Have health record cards ready for group members. The cards allow participants to record their dietary and physical activity targets, and their progress towards them for the duration of the programme. A personal record card template is found on the: **WWW “Learner Handouts” pages**

17. You should also have all of the resources and materials you need for each session ready before you start. Details of what you will need for each session are provided in the: **www “Educator Support Resources” pages, Session Plans, ‘Overview of the sessions’ and ‘Quick Guide’ sections of this pack.**

### **Preparation**

18. It is recommended that you complete the following tasks before you run a session:

- set up the room
- make sure the laptop and projector are working
- have a flipchart ready
- check that measurement equipment is ready and working
- make sure you have music and that the music player is working
- have translated course handouts ready
- check that the food and drink will arrive on time

**REMEMBER, FOR EACH SESSION:**

1. You will need a trained interpreter who should have:
  - experience of working with groups
  - experience of interpreting in a healthcare setting
  - some knowledge of diabetes and the terms used. For example "hypo". If the interpreter has no knowledge of diabetes, it is important that you provide them with basic notes about diabetes and a glossary of terms prior to each session in plenty of time to allow them to fully prepare
2. You must always have fruit juice and glucose drinks/ tablets in case someone has a hypo.
3. Ask the group about their health before commencing physical activity.
4. Ensure that participants are wearing appropriate shoes for physical activity.