

## Overview of Session 1 - Introduction to Diabetes

### Objectives for this session are that participants will:

- Know each other and the tutors
- Understand what diabetes is and the importance of managing it
- Understand the importance of Healthy Eating
- Have some diet and activity targets for next session

### Plan for first session

1. Welcome and introductions.  
Icebreaker  
Discussion of the aims of this group; what to expect; main topics to be covered  
Ground rules agreed with the group
  2. **Action** - Hand out the personal record cards,  
- Measure height, weight, waist and blood pressure.  
- Hand out knowledge assessment and diabetes management questionnaire.
  3. **Brainstorm** to find out level of knowledge about diabetes  
What are the expectations of coming to this group.
  4. **Topics covered in session**  
**(a) What is Diabetes?**  
Risk factors; symptoms; treatments  
Complications (feet, eye damage, kidney damage, heart attacks, strokes, circulation problems etc)  
  
**(b) Managing Diabetes - 5 key steps**  
Healthy Eating - discuss in this session  
Physical Exercise - discuss in this session  
Blood Glucose Testing - discuss in session 2  
Blood pressure monitoring - discuss in session 2  
Medication - discuss in session 2
- \* **Tea break** (if running session in the afternoon)

**(c) Healthy Eating & Physical Activity**

**Brainstorm** 'what is healthy eating'.

**Group discussion** - advantages/disadvantages of healthy living & any barriers to healthy living.

**(d) 'South Asian Balance of Good Health' poster**

Discuss poster.

Discuss portion sizes - using pictures and/or examples

**(e) Target setting for next session and hand out food & activity diaries.**

**5. End of session**

Group discussion

Suggestions for next sessions

Action - do some physical activity with group e.g. dancing

**\* Lunch** (if running session in the morning)

**6. Resources needed**

Trained interpreter

Height meter; weighing machine

Measuring tape; blood pressure monitor

South Asian Balance of Good Health poster

Meal plans - Healthy Eating, Eastern & Western Food Ideas

Record cards

Questionnaires

Food & activity diaries

Pencils

Music & CD player

Laptop

Power point projector

Flipchart & markers

Translated handouts

Physical activity instructor (if available)

Fruit juice and glucose drink/tablets in case someone has a hypo

Tea, fruit juice & fruit for tea break OR Food & drinks for lunch

## A quick guide to Session 1 - Introduction to Diabetes

Content	Time	Slides	Resources needed
Introduce self & interpreter. Welcome everyone to the group & icebreaker. Discuss aims of the group. 1. Hand out personal record cards 2. Measurements - height, weight, waist & BP 3. Hand out questionnaires.	20 mins	Slide 1  Slide 2	Trained interpreter; laptop & power point projector; questionnaires; record cards; pencils; height meter; weighing machine; measuring tape; BP monitor
Brainstorm levels of knowledge about diabetes; expectations of coming to the group.	10 mins		Flipchart & marker
Discuss what is Diabetes?	20 mins	Slides 3-11	Translated handouts
Discuss key steps to managing diabetes.	5 mins	Slide 12	
* Tea break			Tea, fruit juice & fruit
Brainstorm <ul style="list-style-type: none"> <li>• what is healthy eating/physical activity?</li> <li>• advantages &amp; disadvantages of healthy living</li> <li>• barriers to healthy living</li> </ul>	10 mins	Slides 13-14	Flipchart & marker
Discuss ' South Asian Balance of Good Health' poster Discuss portion sizes using pictures or food samples.	25 mins	Slides 15-30	South Asian Balance of Good Health poster. Food samples or photos. Meal plans
Set personal targets for healthy eating and physical activity	5mins	Slide 31	Personal record cards Food & activity diaries
End of session Group discussion; suggestions for next session. Date, time & venue for next session. Group Physical activity - e.g. dancing	25 mins	Slide 32	Music & CD player
* Lunch			Food and drinks

\* include a tea break if running sessions in afternoon OR have lunch at the end of session if running sessions in the morning

## Session 1 - Introduction to Diabetes

### Introduction

30 minutes

**Welcome** everyone to the group. (Slide 1)

Introduce yourself and interpreter.

**Icebreaker:** to get to know the group and give everyone a chance to speak e.g. first name; languages spoken; number of children; who cooks and shops; any health concerns.

**Ground rules** - brainstorm from group e.g. punctuality, confidentiality, inform if unable to attend etc.

### About the group

Discuss the purpose of the group; what to expect e.g. measurements, questionnaires, evaluations etc; main topics to be covered. (Slide 2)

**Action** - Hand out the personal record cards,  
- Measure height, weight, waist and blood pressure.  
- While doing the measurement ask participants to complete the knowledge assessment and diabetes management questionnaire.

**Brainstorm** to find out level of knowledge about diabetes

What are the expectations of coming to this group: e.g. What do you want to learn about? What do you need help with? Do you feel diabetes limits your daily life? What is the one thing that bothers you most about diabetes? etc.

**Use flipchart & marker to write down expectations.**

### What is Diabetes?

20 minutes

Explain what diabetes is - use slides and additional notes (Slides 3-5)

Briefly explain Type 1 & Type 2 Diabetes - No such thing as 'mild' diabetes.

Symptoms (Slide 6)

- Increased thirst
- Going to the loo all the time - especially at night
- Extreme tiredness
- Weight loss
- Blurred vision
- Repeated skin infections or thrush
- Cuts, scratches and wounds slow to heal

Risk factors (Slides 7-8)

- Ethnic group
- Diabetes and age
- Diabetes runs in families
- Weight
- Diabetes and pregnancy

How is diabetes treated? - diet, exercise, tablets, insulin injections. Discuss that there can be a progression through the treatments - see additional notes. (Slide 9)

Complications -feet, eye damage, kidney damage, heart attacks, strokes, circulation problems etc - see additional notes. Emphasise importance of going to annual review. (Slides 10-11)

**5 minutes**

**(Slide 12)**

### **Managing Diabetes – key steps to managing diabetes**

Explain that there are a number of key things you can do to manage your diabetes:

- **Healthy Eating** - we will be talking about this in today's session.
- **Physical Activity** - we will talk about this in today's session.
- **Blood Sugar (Glucose) Testing** - Information & demonstration will be given in session 2
- **Keeping your blood pressure under control** -discussion about this in session 2
- **Medication** - discussion in session 2

**Taking control** – the aim of these sessions is to give participants the skills to take control of their diabetes.

### **Tea break – if running session in the afternoon**

Have tea, fruit juice and fruit for group.

### **Healthy Eating & Physical activity**

**10 minutes**

**(Slides 13-14)**

#### **Group discussion:**

What do you think of when you hear the term healthy eating?

What do you think of when you hear the words physical activity?

**After initial discussion show physical activity slide**

What are the advantages/ disadvantages of having a healthy lifestyle?

See additional notes on benefits

Are there barriers to having a healthy lifestyle?

**See additional notes on barriers to physical activity and use if necessary.**

**Use flipchart & marker to write down key words from discussion.**

**25 minutes**

**Discuss 'South Asian Balance of Good Health' poster (Slide 15)**

***Fruit & vegetables*** - discuss - 5 portions a day  
- what 1 portion is  
- ideas on how to eat more fruit & vegetables.  
(Slides 16-18)

***Bread, Cereals, Chapattis, Rice & Potatoes*** - discuss how to include these with every meal; choosing types high in fibre; how much to have at each meal.  
(Slides 19-20)

***Pulses, Dahl, Fish & Meat*** - discuss 2 portions a day; what 1 portion is; best cooking methods. (Slide 21)

***Milk & Dairy Foods*** - discuss 3 portions a day; what 1 portion is; using semi-skimmed and low fat varieties (give examples). (Slide 22)

***Fatty Foods*** - discuss what these are; ways to cut down; (Slides 23-24)

***Sugary Foods*** - discuss what these are; ways to cut down; alternatives to sugar.  
(Slides 25-27)

***Salt*** - Give tips on how to reduce the amount of salt; alternatives to salt e.g. herbs & spices (Slide 28-29)

***Drinking*** - fill 8-10 glasses with water, explain that this is how much liquid a person should drink each day; discuss best ways to achieve this e.g. drinking water, diluting juice, fresh fruit juice, tea etc. (Slide 30)

**Note:**

- All of the information needed for the above session is contained in the 'South Asian Balance of Good Health' poster.
- There are slides for each topic with photographs of food examples.
- Make sure that you discuss portion sizes in this session - give/show examples of healthy meals.

**5 minutes**  
(Slide 31)

Target setting for next session: 1 healthy eating  
1 physical activity

Discuss with individual participants what they think they could achieve - remember to set realistic targets. Also hand out food and activity diaries and ask group to fill in over the next week and bring to next session.

**25 minutes**  
(Slide 32)

Group discussion - anything they didn't understand; any further questions

Suggestions for next session from group - things they want advice/information on

Date/time/venue for next week's session

Physical activity - engage group in some form of physical activity e.g. music and dancing

**Lunch (if running session in the morning)**

Invite participants to stay for lunch - this can be used for further education/discussion on healthy eating. Is also a useful opportunity for getting to know the group members better.

## Additional notes for session 1

### 1. What is diabetes?

**1.1 Treatments** - Type 2 diabetes is usually controlled by diet and physical activity or diet, physical activity and tablets.

It is important to stress to the group that:

- Type 2 diabetes is a long-term medical condition.
- Type 2 diabetes is not a 'mild' condition
- The progressive nature of Type 2 diabetes means that a change will be inevitable at some point. Give an example of this e.g. if you currently treat your diabetes with diet & physical activity you may need to start taking tablets in the future; if you already take tablets you may need insulin injections in the future.

**1.2 Complications** - It is important to stress to the group that there can be serious complications if diabetes is not treated.

#### 1.2.1 Harm to your eyes

Explain that this is called Diabetic Retinopathy, and that nearly 1 in 5 people with Type 2 Diabetes have a significant level of this when they are diagnosed. It is caused when blood vessels in the retina become blocked, leaky or grow haphazardly. This then affects the way you see things.

Discuss type of eye check e.g.

- This is done at your local retinal screening unit (not at your GP practice), and should be done yearly
- Eye drops will be used to dilate your pupils to allow the back of your eye to be checked for changes due to diabetes
- The eye drops may affect your sight for so you may need someone to take you home. You will not be able to drive until your sight returns to normal 3 hours later
- Take sunglasses as your eyes will be sensitive to light
- A photograph of the back of your eye will be taken and stored on computer, so next time the pictures can be compared
- If eye problems are discovered you will be referred to an eye specialist.

Emphasise the importance of having your eyes checked once a year - ask group if they have had their eyes examined and if they have an eye specialist. Also say that if they think there are any problems in between

their yearly appointments that they must see their eye specialist straight away.

### **1.2.2 Problems with your feet**

Explain that diabetes can damage the nerves in your feet and legs and this nerve damage is called neuropathy.

Symptoms of neuropathy include: numbness, burning, tingling or pain.

Explain that diabetes can also affect your circulation by clogging up the arteries and that this can affect the blood vessels supplying your feet.

Symptoms include: cuts and sores not healing very well (because there is not good blood supply); cramp and pain in your legs and/or feet (because of poor circulation).

Explain that it is very important to look after your feet and that there will be a session on how to do this next week.

### **1.2.3 Damage to your kidneys**

Explain that this is called renal disease or nephropathy, and that nearly one-third of people with diabetes may develop this.

It happens when there is damage to the tiny blood vessels which supply the kidneys.

Explain that there are no obvious symptoms in the early stages and for this reason it is important to make sure that urine is tested for protein at least once a year. Ask whether they have had this done.

### **1.2.4 Problems with your heart and strokes**

Explain that having diabetes means that you are at risk of having problems with your heart or having a stroke.

This happens when there is partial blockage of the blood vessels of the heart or narrowing of the blood vessels that supply the brain.

### **1.2.5 Annual check up**

Explain it is important to have a yearly medical examination to check: weight, BP, feet & legs, blood glucose and cholesterol levels. It is also important to have a healthy lifestyle - eating healthily, physical activity, keeping a healthy weight, stopping smoking.

## 2. Physical activity

### 2.1 Ideas

There are many types of physical activity: exercise, sport, play, dance and active living such as walking, housework and gardening. Choose an activity that you enjoy and that you are able to do on a regular basis.

You should try to build up to 30 minutes of physical activity a day for 5 days each week. You don't have to do the 30 minutes all at once - this can be spread across the day e.g. three 10 minute walks. Try and do the activity (e.g. walking), at a pace that makes you slightly breathless but still able to talk.

### 2.2 Benefits

- Helps relieve stress and anxiety and makes you feel better
- Helps lower blood pressure
- Can improve cholesterol levels
- Burns calories so can help you lose weight
- Helps keep blood sugar (glucose) down by reducing insulin resistance
- Helps keep your heart healthy

### 2.3 Barriers

#### ***"I don't like doing exercise"***

You don't have to exercise to be more physically active. You can be more active and get fitter by doing everyday activities that suit you e.g.

- walking instead of using the car
- housework
- using stairs instead of lifts
- cutting the grass
- dancing

#### ***"I don't have time to do exercise"***

You don't have to do exercise for a long time all at once. You can do small bits throughout the day.

#### ***"I don't want to be any more physically active"***

By being more physically active your health and fitness will get better.

#### ***"I have to look after my family"***

You can be more physically active while doing this e.g. walking your children to school instead of taking the car.

### ***"I don't know how to become more physically active"***

The best way to start is to have an action plan. Use this to write down any activities you do. Set yourself one goal for the first week e.g. walk the children to school 3 times this week.

Be flexible, if you don't manage to do this on one day (e.g. because of the weather or you were running late) then try and fit in an alternative e.g. walk to the shops; use stairs instead of lifts etc.

If you don't manage all your goals - don't give up, look at what you have achieved, then build on this the following week.

When you have achieved your goals look at other ways you could become more physically active in your daily life - don't try and do too much too soon. Make sure that you can achieve your goals regularly before setting yourself new ones.

## **2.4 Physical Activity & Calories**

How to burn up 100 calories (this has to be in addition to what you normally do each day)

Cleaning the house	25 minutes
Decorating (in the home)	33 minutes
Gardening (digging)	12 minutes
Gardening (weeding)	28 minutes
Ironing	50 minutes
Jogging (slowly)	12 minutes
Shopping	25 minutes
Stair climbing	9 minutes
Swimming (slow)	12 minutes
Vacuum cleaning	22 minutes
Walking (slowly)	25 minutes
Washing dishes	50 minutes

# Overview of Session 2 - Taking Control of Your Diabetes (1)

## Objectives of session 2

Objectives for this session are that participants will:

- Understand the importance of Blood Glucose Testing and Blood pressure control in managing their diabetes.
- Understand the importance of looking after their feet
- Understand the medications they are taking
- Opportunity to talk about diabetes and daily life

## Plan for session 2

1. Welcome & introduce new health professional(s)  
(podiatrist/pharmacist)
2. Feedback from previous session  
Advantages/disadvantages of healthier lifestyles  
Barriers to reaching targets
3. **Topics covered in this session**

### (a) Blood glucose testing

- discuss importance, how & when to do this

### (b) Blood Pressure checks

- discuss importance & how often this should be checked

### (c) Podiatry input

- discuss the importance of looking after your feet plus demonstration.

### (d) Medication

- discuss any medications taken by group (community pharmacist could do this if available)

\* **Tea break** (if running session in afternoon)

**4. Diabetes and your daily life**

Your family	Eating out
Religion	Smoking
Travel	Alcohol
Driving	Employment

**5. Review of personal targets**

**6. End of session**

Group discussion  
Suggestions for next session  
Action - Physical activity

\* **Lunch** (if running session in morning)

**7. Resources needed**

Equipment for blood glucose testing  
Blood pressure monitor  
Trained interpreter  
Podiatrist  
Community Pharmacist (if available)  
Music & CD player  
Laptop  
Powerpoint projector  
Flipchart & marker  
Translated handouts  
Fruit juice, glucose drinks & tablets in case someone has a hypo  
Tea, fruit juice & fruit for tea break OR Food & drinks for lunch

## A quick guide to Session 2 - Taking Control of Your Diabetes (1)

<b>Content</b>	<b>Time</b>	<b>Slides</b>	<b>Resources needed</b>
Welcome everyone back. Introduce new health professional	5 mins	Slide 33	Trained interpreter; laptop & power point projector
Group discussion - feedback from previous session; advantages & disadvantages of healthier lifestyles; barriers to reaching targets. What we're going to talk about today	10 mins	Slide 34  Slide 35	Flipchart & marker
Blood glucose testing - find out current knowledge within the group; discuss importance; how & when to do this.	20 mins	Slide 36	Blood glucose testing equipment
Blood pressure checks - discuss importance & how often this should be checked	10 mins	Slide 37	Blood pressure monitor
Podiatry input - discussion plus demonstration.	20 mins	Slides 38-39	Podiatrist
Medication - discussion of medicines taken by group for diabetes (could have input from community pharmacist if available)	15 mins	Slide 40	Community pharmacist if available
* tea break			Tea, fruit juice & fruit
Discuss Diabetes and daily life - your family           - religion - driving                 - travel - employment         - eating out - alcohol                - smoking	25 mins	Slides 41-50	Translated handouts
Review of personal targets	5mins	Slide 51	Personal record cards
End of session Group discussion; suggestions for next session Date, time & venue for next session Group physical activity	10 mins	Slide 52	   Music & CD player
* Lunch			Food and drinks

\* include a tea break if running sessions in afternoon OR have lunch at the end of session if running sessions in the morning

