

Overview of Session 1 - Introduction to diabetes

Objectives for this session

1. Participants should:
 - get to know each other and the tutors
 - understand what diabetes is and the importance of managing it
 - understand the importance of Healthy Eating
 - set some diet and physical activity targets for the next session

Planning the first session

2. Before the session, you should think about what you want to communicate to the group. This should include:
 - welcome and introductions
 - an icebreaker
 - discussion of the aims and objectives of the session, what to expect and the main topics to be covered
 - the ground rules (agreed with participants)

Breaking the ice

3. At the session:
 - communicate the 4 bullets above to the group
 - measure your participant's height, weight, waist and blood pressure
 - hand out knowledge assessments, personal record cards and diabetes management questionnaires to your participants and ask them to fill them in.

Note - the interpreter's assistance may be required to fill these forms in for those unable to read and/or write.

Brainstorm

4. Through the use of open questions and active listening, find out what your participants know about diabetes and what they expect to gain from attending this programme. You can use a flip chart and pen to jot down some of their thoughts.

Communicate the messages

5. The topics you should cover are:

a) What is diabetes?

Risk factors, symptoms, treatments, complications (feet, eye and kidney damage, heart attack, stroke, and circulation problems).

(b) Managing diabetes - the 5 key steps

1. Healthy eating
2. Physical activity
3. *Blood glucose testing (discussed in session 2)*
4. *Blood pressure monitoring (discussed in session 2)*
5. *Medication (discussed in session 2)*

Tea break (afternoon session only)

6. Discuss:

Healthy eating & Physical activity

- what is healthy eating?
- the advantages/disadvantages of healthy living and any perceived barriers

The Chinese Balance of Good Health' poster

- discuss the poster
- discuss portion sizes - using pictures and/or examples

Target setting

- discuss and hand out food and activity diaries
- set and agree patient identified dietary and physical activity targets (participant's progress will be checked at session 2)

End session

7. Should include:

- group discussion and feedback
- suggestions for next sessions
- action - do some physical activity with group. For example walking or dancing (ask patient about their health before commencing any physical activity)

Lunch (morning session only)

8. Discuss:

Healthy eating & Physical activity

- what is healthy eating?
- the advantages/disadvantages of healthy living and any perceived barriers

The Chinese Balance of Good Health' poster

9. Discuss:

- the poster
- portion sizes - using pictures and/or examples

Target setting

10. Should include:

- discuss and hand out food and activity diaries
- set and agree dietary and physical activity targets (participant's progress will be checked at session 2)

Resources needed

11. You will need:

- trained interpreter
- height meter; weighing machine
- measuring tape; blood pressure monitor, BMI chart
- Chinese balance of good health poster
- record cards
- questionnaires
- food and 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. Pre-education questionnaires. 2. Measurements - height, weight, waist & BP 3. Hand out "my health record cards"	25 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 (if an afternoon session)			Tea, fruit juice & fruit
Brainstorm <ul style="list-style-type: none"> • what is healthy eating/physical activity? • advantages & disadvantages of healthy living • barriers to healthy living 	10 mins	Slides 13-14	Flipchart & marker
Discuss 'Chinese Balance of Good Health' poster Discuss portion sizes using pictures or food samples.	25 mins	Slides 15-34	Chinese Balance of Good Health poster. Food samples or photos. Meal plans
Set personal targets for healthy eating and physical activity. Hand out food record diary for 3 days food record	5mins	Slide 35	Personal record cards Food & activity diaries
End of session Group discussion; suggestions for next session. Date, time & venue for next session. Group Physical activity taster - e.g. dancing, walking, stretching	20mins	Slide 36	Music & CD player
* Lunch (if morning session)			Food and drinks

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

Educator's notes for session 1 - Introduction to diabetes

Introduction

30 minutes

1. **Show slide 1 - Welcome** everyone to the group. Introduce yourself and your interpreter.
2. **Icebreaker:** Get to know the group. You could ask your participants where they're from? what languages they speak? How many children they have? who does the cooking and shopping in their household? why they are here? and enquire about their health concerns.
3. **Ground rules** - Agree the ground rules by which the group will operate. For example, the group might agree to respect each other's point of view, be punctual, treat what is said in the session in confidence, and to advise you if they cannot attend the next session, or are running late.
4. **Aims** - Let your group know that the overall aims of the education programme are to ensure that:
 - participants have a good understanding of their diabetes and;
 - how a healthier lifestyle can improve their diabetes management

About the group

5. **Show slide 2** - Discuss the purpose of the group and what participants can expect such as having their height and weight measurements recorded, completing questionnaires and evaluation forms, and the main topics that you will cover in this session.
6. **Action** - Ask participants to complete pre- education questionnaire. **People who have difficulties with literacy may need the help of the interpreter when completing their forms.** You should try to ensure that your participants feel comfortable about requesting this help. Then:
 - measure each participant's height, weight, waist and blood pressure, and;
 - hand out the personal record cards and explain their purpose (to record progress towards personal dietary and physical activity targets)

7. **Complete a brainstorming exercise** - to establish your participants' knowledge about diabetes and their expectations. You could ask them:
 - what are your expectations from attending this group? e.g. what would you like to learn?
 - 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?

Use the flipchart and marker to write down your group's answers.

What is Diabetes?

20 minutes

1. **Show slides 3-4 and explain what diabetes is** - refer to the additional notes as you need to.
2. **Show slide 5 - Briefly explain Type 1 and Type 2 Diabetes** - There is no such thing as 'mild' diabetes.
3. **Discuss 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
4. **Discuss risk factors (Slides 7-8)**
 - ethnic group
 - diabetes and age
 - diabetes runs in families
 - weight
 - diabetes and pregnancy
5. **Discuss treatment**
 - diet, exercise, tablets, insulin injections
 - also mention that there can be a progression through the treatments - see additional notes (slide 9)
6. **Highlight complications**
 - feet, eye damage, kidney damage, heart attacks, strokes, circulation problems (also see additional notes) (slide 10)
 - emphasise importance of going to the annual review (slide 11)

Managing diabetes - key steps to managing diabetes 5 minutes

1. **Explain** that there are a number of key things you can do to manage your diabetes (Slide 12):
 - Healthy Eating - which is discussed in this session
 - Physical Activity - also discussed in this session
 - *Blood Sugar (Glucose) Testing - information & demonstration is covered in session 2*
 - *Keeping your blood pressure under control -discussed in session 2*
 - *Medication - also discussed in session 2*
2. **Taking control** - the aim of these sessions is to give participants the skills to take control of their diabetes.

See additional notes (page 17)

Tea break -afternoon sessions only

1. Have tea, fruit juice and fruit for group.

Healthy Eating & Physical activity 10 minutes

Use flipchart & marker to write down key words from discussion

1. **Group discussion** - what do you think of when you hear the term:
 - healthy eating?
 - **Show slides 13-14** and discuss physical activity
2. **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 adapting a healthier lifestyle?
3. **See additional notes on barriers to physical activity and use if necessary (page 19).**

Discuss 'Chinese Balance of Good Health' poster 25 minutes

Show Slide 15 and discuss:

1. **Bread, Cereals, Noodles, Rice & Potatoes (slide 16)**
 - how to include these with every meal
 - choosing types high in fibre
 - how much to have at each meal

2. **Fruit & vegetables (Slide 17-19)**
 - 5 portions a day
 - what 1 portion is
 - ideas on how to eat more fruit and vegetables

3. **Pulses, Fish & Meat (Slide 20-21)**
 - 2 portions a day
 - what 1 portion is
 - best cooking methods.

4. **Milk & Dairy Foods (Slide 22-23)**
 - 3 portions a day
 - what 1 portion is
 - using semi-skimmed and low fat varieties - give examples

5. **Fatty and Sugary foods (Slides 24-29)**
 - what these are foods
 - ways to cut down
 - alternatives to sugar

6. **Diabetic foods (Slide 30)**
 - Why diabetic foods are not recommended

7. **Salt (Slide 31-32)**
 - give tips on how to reduce the amount of salt intake
 - alternatives to salt e.g. herbs & spices

8. **Fluids (Slide 33)**
 - 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.

6. **Show slide 34 - Alcohol** - If you drink alcohol keep to within the recommended limits:
- men - maximum 4 units a day
 - women - maximum 3 units a day (have at least 2 alcohol free days each week)

Note: You can use the slides provided which include photographs of the foods being discussed. They may help you illustrate your points. Make sure that you discuss portion sizes in this session. The slides also show recommended portion sizes of healthy meals.

Use handouts i.e. diabetes dietary leaflets and other materials as required from the appendix section

Discuss target setting for next session (5 minutes)

1. **Discuss with your group** - what they think they could achieve in terms of improving their diet and levels of physical activity (**Slide 35**)
- set participant identified - 1 healthy eating and 1 physical activity target and record on "my health record card"
 - remember to set realistic targets
 - hand out food and physical activity diaries and ask group to fill them in throughout the week ahead and bring to session 2

End session

25 minutes

1. **Remind the group** that the aims of the session were to ensure that:
- participants have a good understanding of their diabetes and;
 - how a healthier lifestyle can improve their diabetes management
2. **Group discussion** - (**Slide 36**)
- ask participants if they think the aims have been achieved
 - address anything that they didn't understand
 - answer any further questions
 - ask if the participants have any suggestions for session 2
 - confirm the date, time and venue for session 2
3. **Physical activity** - engage group in some form of physical activity. For example, walking, music and dancing.

Lunch - morning sessions only

1. **Invite participants to stay for lunch.** This can be used for further education and discussion on healthy eating. It is also a useful opportunity for getting to know the group members a little better. Thank the group for coming and remind them of the date and time of session 2.

Additional notes for session 1

What is diabetes?

1. **Treatments** - Type 2 diabetes can be controlled through adopting a healthy diet and increased physical activity. Tablets and/ or insulin may also be needed.
2. **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 the participant currently treats diabetes with diet and physical activity, they may need to start taking tablets. If they already take tablets, they may need to go on to insulin injections at some point in the future.
3. **Complications** - It is important to stress to the group that there can be complications if diabetes is not treated. For example:
4. **Harm to your eyes**

It is caused when blood vessels in the back of the eye become blocked, leaky or grow haphazardly. Nearly 1 in 5 people with Type 2 Diabetes have signs of damage to their eyes when they are diagnosed. Emphasise the importance of attending Diabetes Retinopathy screening and that screening takes place at local retinal screening units (not at GP practices), on a yearly basis. Explain to the group that:

 - eye drops will be used to dilate their pupils to allow the back of their eye to be checked for changes due to diabetes
 - the eye drops may affect their sight for a little while so they may need someone to take them home. They will not be able to drive until their sight returns to normal (around 3 hours later)
 - they should take sunglasses as their eyes may be sensitive to light
 - a photograph of the back of their eye will be taken and stored on computer, so that next time, comparisons can be made
 - if eye problems are discovered they will be referred to an eye specialist
 - the importance of having their eyes checked once a year

5. Ask group if they have had their eyes examined and if they have an eye specialist. Also mention that if they think they have any problems in between their yearly screening appointments that they must see their eye specialist straight away.

Problems with your feet

6. 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.

7. 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 (caused by poor blood supply to the affected areas), 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 you will discuss how to do this at session 2.

Damage to your kidneys

8. Explain that this is called renal disease or nephropathy. It is caused by damage to the tiny blood vessels that supply the kidneys. Explain that there are no obvious symptoms in the early stages of renal disease and for this reason it is important to make sure that urine is tested for protein at least once a year. Ask the group whether they have had this done.

Problems with your heart and strokes

9. Explain that having diabetes means that you are at increased risk of developing problems with your heart or from 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.

Annual check up

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

Physical activity

Ideas

11. There are many types of physical activity that can help people manage their diabetes, exercise, sport, play, dance, walking, housework and gardening. Participants should be encouraged to choose an activity that they enjoy and are able to do on a regular basis.

12. They should try to build up to 30 minutes of physical activity each day for 5 days each week, unless advised otherwise by their doctor. You should explain that they don't have to do 30 minutes of physical activity all at once. It can be spread across the day, for example, three 10-minute walks. Participants should also be advised to carry out the activity at a pace that makes them slightly breathless but still able to talk.

The benefits of physical activity

- 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

Encouragement

13. Participants may come up with reasons for not wanting to increase their physical activity. Some popular reasons and suggested responses follow:

"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:

- 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 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 improve and in turn, this will help you manage your diabetes better.

"I have to look after my family"

You can be more physically active while doing this. You could walk 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. For example:

- walk the children to school 3 times this week

14. Be flexible, if you don't manage to do this one day because of the weather or because you were running late, then try and fit it in later in the week, choose an alternative walk (perhaps a walk to the shops).

15. Explain to the group that if they don't manage all of their goals **they must not give up**. Ask them to focus on what they have achieved and to build on this in the following week. When they have achieved their initial goals, they should look at other ways to become more physically active. They should not try to do too much, too soon. They should also ensure that they set realistic goals and achieve these regularly before setting new ones.

Physical Activity & Calories

16. The following list suggests how your participants can burn up 100 calories (this is in addition to what they 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