

Overview of Session 3 - Taking Control of Your Diabetes (2)

Objectives of session 3

Objectives for this session are that participants will:

- Understand what a hypo & hyper are and how to treat these
- Know what to do when they are unwell
- Understand the feelings they may have and how to deal with these
- Have personal action plans to manage their diabetes

Plan for session 3

1. Welcome
Feedback from previous session
2. **Action** - weight measurement
3. **Topics covered in this session**

(a) Diabetes out of control

Hypo
Hyper
Sick day rules
When to get medical help

(b) Diabetes and how you are feeling

Depression
Stress
Loneliness

(c) Personal action plans

- included in appendix. Review of personal targets and setting of personal action plans (these will be reviewed in 6 months at the follow-up)
Hand out knowledge and behaviour assessment questionnaire

* **Tea break** - if running session in afternoon

(d) Diabetes information

Where to find out more

4. End of session

Group discussion

Follow up: 6 months

Evaluation of sessions

Physical activity

***** **Lunch** - if running session in morning

5. Resources needed

Trained interpreter

Weighing machine

Questionnaires

Evaluation sheets

Pencils/pens

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 & drink for lunch

A quick guide to Session 3 - Taking Control of Your Diabetes (2)

Content	Time	Slides	Resources needed
Welcome everyone back. Feedback from previous session Weight Measurements	10mins	Slides 53-54	Trained interpreter; laptop and power point projector; weighing machine
Diabetes out of control, discuss - Hypo - Hyper - Sick day rules - When to get medical help	20 mins	Slides 55-56	Translated handout
Diabetes and how you are feeling, group discussion - Stress - Depression - Loneliness	20mins	Slide 57	Flipchart & marker
Discuss with individuals their personal action plans. Hand out knowledge & behaviour assessment questionnaires to be completed while discussing personal action plans with individuals.	25 mins	Slide 58	Personal action plans Questionnaires; pencils/pens
Tea break			Tea, fruit juice & fruit
Diabetes information - where to find out more	5 mins	Slide 59	
End of session Group discussion & questions; Discuss follow up in 6 months Evaluation questionnaire Group physical activity	25 mins	Slide 60	Evaluation sheets 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 3 - Taking Control of Your Diabetes (2)

<p>Welcome Feedback from previous session What we're going to do today Action - weight measurements</p>	<p>10 minutes (Slides 53-54)</p>
<p>Diabetes out of control Hypo - explain what this is & symptoms, what can cause it and how to treat. Hyper - explain what this is & symptoms; what can cause it and how to treat. Sick day rules - explain that blood glucose goes up when you are ill; give examples of illnesses that can cause this; discuss the best way to keep diabetes under control during an illness. When to get medical help - discuss importance of getting help when unwell.</p>	<p>20 minutes (Slides 55-56)</p>
<p>Diabetes and how you are feeling Discuss feelings with group e.g. feelings they had when initially diagnosed; how they are feeling now. Explain stages that people go through when told they have a lifelong medical condition - denial; anger & fear; sadness & depression; feeling hopeful Also discuss: Stress can cause blood sugar to rise. Feelings of loneliness Stress & depression See additional notes</p>	<p>20 minutes (Slide 57)</p>
<p>Personal action plans Review targets set last week. Collect food and activity diaries Fill out personal action plans for each individual in the group - these will be reviewed at the 6 month follow-up. Hand out 'Knowledge and behaviour assessment' questionnaire and ask participants to complete while you are discussing personal action plans with each member of the group.</p>	<p>25 minutes (Slide 58)</p>

Tea break - if running session in the afternoon

Have tea, fruit juice and fruit for group.

5 minutes

Diabetes information

(Slide 59)

Where to find out more.

Give details of Diabetes UK Scotland - phone number; web address.

25 minutes

(Slide 60)

Group discussion - any final questions? anything that was difficult to follow.

Explain that there will be a follow up in 6 months

Hand out evaluation sheets and ask participants to complete.

Group Physical activity

Lunch - if running session in the morning

Additional notes for session 3

1. Diabetes out of control

1.1 A Hypo - Low blood sugar (hypoglycaemia)

Symptoms

Hungry	Trembling	Sweating	Tingling of the lips	Anxious	Irritable
Fast heartbeat	Blurred vision	Paleness	Mood change	Can't concentrate	Vague

Causes

Not enough food	Too much insulin or too many tablets	Too much or unplanned exercise
Delayed or missed meal or snack	Drinking alcohol without food	Sometimes there is no obvious cause

Action

Straight away	Follow up (within 30 mins)
<p>Take one of the following:</p> <ul style="list-style-type: none">• A glass of Lucozade or coke (not 'diet' drinks)• 3 or more glucose tablets• 5 sweets e.g. jelly baby• 1 glass of fruit juice <p>The exact amount will vary from person to person and will depend on circumstances</p>	<p>To stop the blood glucose from dropping again, have one of the following:</p> <ul style="list-style-type: none">• A sandwich• Fruit• A bowl of cereal• Biscuits and milk <p>Or your next meal if it is due</p>

1.2 A Hyper - high blood sugar (hyperglycaemia)

Symptoms

Very thirsty	Hungry	Tired	Blurred vision
Dry skin	Feeling sick	Needing to go to the loo a lot	

Causes

Action

Too much food	Check your eating pattern. Talk to you dietitian.
Illness	You may have a cold, throat, urine or chest infection. See your doctor to make sure it is treated.
Not enough insulin	Check that you have taken your doses correctly. If you have, see your doctor to talk about your medicines.
Stress	Try to reduce stress in your life, talk to your doctor or nurse about this.

1.3 Sick day rules

Illness and infections will raise your blood sugar levels - even if you're not eating as much or are being sick.

e.g. colds, bronchitis and flu
 vomiting and diarrhoea
 urinary infections
 skin infections

What to do when you're ill:

- Don't stop taking your tablets or insulin
- Drink lots of unsweetened fluids
- Try to have some sort of carbohydrates
- Test your blood sugar

When to get medical help

You will need to call your doctor or nurse if:

- You are vomiting or not able to keep your tablets down
- Your blood sugar levels remain high or low
- You don't improve quickly or you are worried

Easy-to-eat carbohydrates when you're feeling unwell:

- Milky drinks
- Soup
- Ice-cream
- Drinking chocolate
- Squash or fizzy drinks

2. Diabetes and how you are feeling

2.1 Talk with the group about the different feelings you may have as you come to terms with having diabetes.

- Denial
- Anger and fear
- Sadness and depression
- Loneliness

Explain that these feelings can cause stress. Stress can make your blood sugar go up.

Suggest some ways to work through your feelings:

Learn as much as you can about diabetes

Talk to friends & family or other people with diabetes

Talk to those looking after your diabetes e.g. doctor, nurse

Do something active most days

2.2 Discuss stress and depression in more detail, include the following:

Stress

Know the symptoms of stress - key indicators

Managing stress

Stress and unhealthy behaviours - smoking, drinking alcohol, over-eating

Learning to relax

Depression

Know the symptoms of depression

Managing depression

When to get help for depression

2.3 Find out if anyone in the group would like help in dealing with stress or depression.