

## Overview of session 3 – Taking control of your diabetes part 2

### Objectives for session 3

1. By the end of this session participants will:
  - understand what a hypo and 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

2. You should:
  - welcome the group back
  - quickly recap on sessions 1 and 2
  - collect food and activity diaries
  - let your group know their objectives for session 3

### Action

3. Measure each participant's weight.

### Topics

4. covered in session 3:
  - (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) **"My Health Record" cards**
    - review of personal targets and setting of personal action plans (a template is included in appendix 2)
    - advise participants that their plan will be reviewed in 6 months time at the follow-up session
    - ask participants to complete the post education questionnaire (appendix 2)

## Tea break (afternoon session only)

### (a) Diabetes information - Where to find out more

5. You could use this time to quickly reinforce key messages from sessions 1 and 2:

### (b) Healthy eating & Physical activity

- remind the group 'what is healthy eating'
- group discussion - any new opinions on advantages/disadvantages of healthy living, or further barriers to healthy living identified?
- discuss portion sizes - using pictures and/or examples - how are the group managing their portion sizes?

### (c) Answer any questions your group might have regarding:

- blood glucose testing
- checking blood pressure and feet
- hypo/ hyperglycaemia,
- depression and stress and;
- personal action plans

## End of session

- group discussion including feedback
- follow up: 6 months
- evaluation of sessions
- physical activity

## Lunch - (morning session only)

### (a) Diabetes information - Where to find out more

6. You could use this time to quickly reinforce key messages from sessions 1 and 2:

### (b) Healthy eating & Physical activity

- Remind the group 'what is healthy eating'
- Group discussion - any new opinions on advantages/disadvantages of healthy living, or further barriers to healthy living identified?
- Discuss portion sizes - using pictures and/or examples - how are the group managing their portion sizes?

**(c) Answer any questions your group might have regarding:**

- blood glucose testing
- checking blood pressure and feet
- hypo/ hyperglycaemia,
- depression and stress and;
- personal action plans

**Resources needed**

**7. You will need:**

- 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 part 2

| Content  | Time    | Slides          | Resources needed  |
|--|---------|-----------------|---|
| Welcome everyone back.<br>Feedback from previous session<br>Weight Measurements<br>Collect health record cards and diaries   | 10mins  | Slides<br>56-57 | Trained interpreter; laptop and power point projector; weighing machine |
| Diabetes out of control, discuss<br>- Hypo                      - Hyper<br>- Sick day rules        - When to get medical help  | 20 mins | Slides<br>58-59 | Translated handout  |
| Diabetes and how you are feeling, group discussion<br>- Stress                      - Depression<br>- Loneliness   | 20mins  | Slide 60        | Flipchart & marker  |
| Discuss with individuals their personal targets.<br>Hand out knowledge & behaviour assessment questionnaires to be completed while discussing personal targets with individuals. | 25 mins | Slide 61        | My health record cards<br>Questionnaires;<br>pencils/pens               |
| Tea break  |         |                 | Tea, fruit juice & fruit  |
| Diabetes information - where to find out more  | 5 mins  | Slide 62        |   |
| End of session<br>Group discussion & questions;<br>Discuss follow up in 6 months<br>Evaluation questionnaire<br>Group physical activity  | 25 mins | Slide 63        | Evaluation sheets<br>Music & CD player                                  |
| Lunch  |         |                 | 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 3 - Taking control of your diabetes part 2

### Introduction 10 minutes

1. **Show slides 56-57** and welcome participants back. Also collect their food and activity diaries.
2. Briefly **recap** on sessions 1 and 2 including the ground rules and ask the group whether they have any questions.
3. **Objectives** - Let your group know their objectives for session. By the end of this session participants will:
  - understand what a hypo and 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
4. **Action** - measure your participant's weight.

### Diabetes out of control 20 minutes

1. **Show slides 58-59** and discuss:
  - **Hypo** - explain what this is, symptoms, what can cause it and how to treat a hypo
  - **Hyper** - explain what this is, symptoms, what can cause it and how to treat a hyper
  - **Sick day rules** - explain that your blood glucose level can rise when you are ill. Give examples of illnesses that can cause this. Discuss with your group the best way to keep diabetes under control during an illness
  - **When to get medical help** - discuss the importance of getting appropriate help when unwell

### Diabetes and how you are feeling 20 minutes

1. **Show slides (Slide 60)** and discuss with participants their feelings about living with diabetes. For example feelings they had when initially diagnosed and how they are feeling now.
2. **Explain** the stages that people can go through when they have a lifelong medical condition (denial, anger, fear, sadness and depression to feeling optimistic about living with a long-term medical condition. You should also discuss:

- how stress can cause blood sugar to rise
- feelings of loneliness
- stress & depression

See additional notes (page 43)

### My targets

25 minutes

1. Show slide 61 and review your participant's individual-self identified dietary and physical activity targets which were set at the end of session
2. Collect their food and activity diaries.
2. Hand out the 'post education questionnaires and ask participants to complete them.
3. Help group members complete their targets which will be reviewed at the 6-month follow-up session.

### Tea break - (afternoon sessions only)

1. Have tea, fruit juice and fruit for group. You could also use this time to quickly reinforce key messages delivered so far:

#### (a) Healthy eating & Physical activity

- remind the group 'what is healthy eating'
- group discussion - any new opinions on advantages/disadvantages of healthy living, or further barriers to healthy living identified?
- discuss portion sizes - using pictures and/or examples - how are the group managing their portion sizes?

#### (b) Answer any questions your group might have regarding:

- blood glucose testing
- checking blood pressure and feet
- hypo/ hyperglycaemia,
- depression and stress and;
- personal action plans

### Diabetes information

5 minutes

1. Show slide 62 - Let the group know where they can get more information on diabetes. You can also provide participants with details of Diabetes UK Scotland's phone number and web address.

### End of session

25 minutes

1. **Show slide 63** and facilitate group discussion on the content of session 3. Ask your group whether they have any final questions? Was there any issues or topics that they didn't understand? Remind them that there will be a follow up session in 6 months time.
2. Thank your participants for coming. Hand out the course evaluation sheets (appendix 2) if you have time and ask participants to complete and return them before they leave.
3. **Physical activity** - engage your group in some form of physical activity, for example, dancing to music, moving and stretching.

### Lunch - (morning sessions only)

1. Have food and drink ready for your group. You could also use this time to reinforce the key messages from this course:

#### (a) Healthy eating & Physical activity

- remind the group 'what is healthy eating'
- group discussion - any new opinions on advantages/disadvantages of healthy living, or further barriers to healthy living identified?
- discuss portion sizes - using pictures and/or examples - how are the group managing their portion sizes?

#### (b) Answer any questions your group might have regarding:

- blood glucose testing
- checking blood pressure and feet
- hypo/ hyperglycaemia,
- depression and stress and;
- personal action plans

### Follow up session - preparation

1. You should aim to run a follow-up session with your group in 6 months time to review their progress. You should take a copy of each of the "My health record" cards which include your participant's individual 6 month targets just in case!
2. About one month before the follow up session you should send the **Request for Cholesterol and HbA1c** letter at appendix 5 to each of your participant's doctors to ensure you can measure improvement.

## Additional notes for session 3

### Diabetes out of control

1. A hypo - is caused by low blood sugar levels (hypoglycaemia)

#### 2. Hypo symptoms

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

#### 3. Hypo 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 |

#### 4. Hypo action

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

5. A **Hyper** - is caused by high blood sugar levels (hyperglycaemia)

#### 6. Symptoms

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

| 7. Causes          | Action   |
|--------------------|--|
| Too much food      | Check your eating pattern. Talk to your dietician.   |
| 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.                                |

8. **Sick day rules** - Advise your participants that Illness and infections will raise blood sugar levels even if you're not eating as much or are being sick. Some of the illnesses that will raise your blood sugar levels are:

- colds, bronchitis and flu
- vomiting and diarrhoea
- urinary infections
- skin infections

9. **What to do when you're ill** - advise the group to:

- not to stop taking tablets or insulin
- drink lots of unsweetened fluids
- test blood sugar levels regularly
- eat easy-to-eat carbohydrates when you're feeling unwell such as, milky drinks, soup, ice-cream, drinking chocolate, squash or fizzy drinks

10. **When to get medical help** - Let the group know that they will need to call your doctor or nurse if:

- they are vomiting or not able to keep their tablets down
- their blood sugar levels remain high or low
- they don't improve quickly or are worried

## Diabetes and how you are feeling

11. Talk with the group about the different feelings they may have as they come to terms with having diabetes. For example:

- denial
- anger and fear
- sadness and depression
- loneliness

12. Explain that these feelings can cause stress and stress can cause blood sugar levels to rise. Suggest some ways that participants can work through their feelings. They can:

- 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

13. Discuss stress and depression with your group in more detail. Be sure to cover the following:

14. For stress:

**recognising the symptoms of stress**

- key indicators
- managing stress
- stress and unhealthy behaviours - smoking, drinking alcohol, over-eating
- learning to relax

15. For depression:

- recognising the symptoms of depression
- managing depression
- when to get help for depression

16. **Establish** whether anyone in the group would like help in dealing with stress or depression.