This product was developed by the Galveston: Take Action project at the Galveston County Health District in Texas City, TX. Support for this product was provided by a grant from the Robert Wood Johnson Foundation® in Princeton, New Jersey.
Family Medicine
Orientation

Diabetes Education
Darlene Cass, RN
Why Diabetes Education?

- Diabetes education is now called diabetes self-management training.

- Self-Management training gives patients the knowledge and skills to be able to effectively manage their diabetes on a daily basis.
Diabetes Self-Management Education will:

- Assist patients in identifying barriers
- Facilitate problem solving
- Develop coping strategies.
Diabetes Self-Management Includes:

- Individualized Assessment
- Collaborative Goal Setting
- Teaching Skills (self monitoring, medication mgmt., healthy eating, physical activity, weight loss, healthy coping, problem solving, smoking cessation)

- **Ongoing Follow Up and Support**
- Access to Resources
- Continuity of Quality Clinical Care
Diabetes
Self-Management Training
What is diabetes

- Risk Factors
- Signs and Symptoms
- Physiology
- Lab tests
- Questions to ask your doctor
- My Diabetic Record
Changing Behavior

- Stages of Change

Action Plans

- Setting Goals
  - Small step toward the larger goal

- Talk with your patients about the changes they can make at each visit.
- Follow-up at each visit
American Association of Diabetes Educators

7 Self-Management Behaviors
- Healthy Eating
- Being Active
- Monitoring
- Taking Medication
- Problem solving
- Healthy Coping
- Reducing Risks
Healthy Eating

- Exchange List
  - Groups of foods having about the same number of calories, carbohydrates, fats and protein

- Exchange List Food Groups
  - Carbohydrates
    - Starches, Grains, Starchy Vegetables, Fruit, Milk
  - Non-starchy Vegetables
  - Protein
  - Fat
Healthy Eating

- **Food Labels**
  - Serving Size
  - Total Fats
  - Sodium
  - Total Carbohydrates
  - Protein

### Nutrition Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 90</th>
<th>Calories from Fat 30</th>
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<tbody>
<tr>
<td><strong>Serving Size</strong></td>
<td></td>
<td>% Daily Value*</td>
</tr>
<tr>
<td>½ cup (114g)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>3g</td>
<td>5%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>300mg</td>
<td>13%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>13g</td>
<td>4%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3g</td>
<td>12%</td>
</tr>
<tr>
<td>Sugars</td>
<td>3g</td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
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</table>

Vitamin A 80% • Vitamin C 60%
Calcium 4% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
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<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
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<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
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<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
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<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
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<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
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</table>

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4
Healthy Eating

- Ingredient Lists
  - Items are listed by weight
  - Hidden sugar
  - Trans fatty acids

- Portion size
- Meal planning
Healthy Eating

- Carbohydrates
Healthy Eating

- Protein
  7 ounces of protein per day
- Fats
  5 servings
- Sodium
  2400 mg per day
Meal plans

- Number of calories per day – Just eat less!

A Meal Plan prescription is just as important as medication.
Being Active

- Exercise versus activity
- Start slow
- Build up to your goal
- Increase your activity
- Safety

- Talk with your patients about the exercise that would be safe for them
Monitoring

- How often
- What to do with the results
- If you can not afford a monitor and strips

- Talk with your patients about monitoring blood sugar.
- How often,
- When to call the clinic, what is a high and low that they should worry about.
- What should they do when their blood sugar is high or low
Taking Medication

- How often and when
- What will the medicine/insulin do for them
- Side effects and things they can do to decrease the side effects
- Refills
- The relationship between eating and taking their medicine/insulin

• Talk with your patients about what time to take medication and the side effects they might experience
Problem Solving

- How to handle high and low blood sugars
- Determine the cause for the high or low blood sugar, is there a pattern?
- How to take medicine/insulin if a dose is missed
- What to do when sick (medication, food, monitoring, record keeping, when to seek medical help)

- Talk with your patients about high and low blood sugar, when to take medicine and what to do if they are sick
Healthy Coping

- Denial
- Anger
- Depression
- Stress

- Talk with your patients about high and low blood sugar, when to take medicine and what to do if they are sick
What can you do?

- Make sure the patient understands the directions you have given
- Give them the basic tools
  - Medication
  - Meal plan
  - Exercise plan
  - Prescription for monitoring supplies
- Assist in setting goals
- Provide information
  - Drug company booklets
  - Web MD
  - American Diabetes Association
Question or Comments