

High Blood Sugar, Low Blood Sugar

Learning Objective	Behavior	Learning Method and Materials
1. Demonstrate or describe how to check a blood sugar and review tips for testing.	1. Check blood sugars per provider orders or protocol.	1. Written material " Testing Your Blood Sugar " and demonstration.
2. Name the normal range for blood sugars when fasting, two hours after a meal, and at bedtime.	2. State the normal ranges or be able to locate the information.	2. Written material " What should blood sugar levels be? " and class discussion.
3. Explain when to check blood sugar levels.	3. Be able to state when to check blood sugars. When the provider requests or three times a week at different times each day. When symptoms of Hypo (low) or Hyperglycemia (high) and when sick.	3. Written material "What should blood sugar levels be? When should you check your blood sugar? " and class discussion
4. Explain the care of the glucometer.	4. Show how to clean the glucometer.	4. Written material "Testing your blood sugar", glucometer manual, demonstration and class discussion.
5. Keep a log of blood sugars and indicate why results may be high or low. Bring the log to provider visits.	5. Check blood sugar, record them in a logbook and bring the logbook to provider visits.	5. Written material "What should blood sugar levels be?" and class discussion and Blood sugar log handout
6. Define high blood sugar as above 180 mg/dl.	6. Explain what High Blood Sugar means.	6. Written material " High Blood Sugar " and " Hyperglycemia " Novo Nordisk Diabetes Care handout

High Blood Sugar, Low Blood Sugar

		and class discussion.
7. Describe the dangers high blood sugar creates for you.	7. Recognize the signs and symptoms of high blood sugar.	7. Written material "High Blood Sugar" and class discussion.
8. Name 4 of the 6 signs and symptoms of high blood sugar.	8. Determine the cause of the high blood sugar.	8. Written material "High Blood Sugar" and class discussion.
9. Describe the six reasons why your blood sugar could be high.	9. Treat the high blood sugar correctly.	9. Written material "High Blood Sugar" and class discussion.
10. Describe the proper treatment for high blood sugar.	10.	10. Written material "High Blood Sugar" and class discussion.
11. Describe when to call the provider.	11.	11. Written material "High Blood Sugar" and class discussion.
12. Describe when to call the provider.	12. Contact the provider.	12. Written material "High Blood Sugar" and class discussion.
13. Describe the danger low blood sugar creates for you.	13. Recognize the signs and symptoms of low blood sugar.	13. Written material " Low Blood Sugar " and " Hypoglycemia " Novo Nordisk Diabetes Care handout and class discussion.
14. Name 6 of the 9 signs and symptoms of low blood sugar.	14. Determine the cause of the low blood sugar.	14. Written material "Low Blood Sugar" and class discussion.
15. Recall the seven reasons why your blood sugar could be low.	15. Give examples of high sugar food to take to raise blood sugar and have something on hand at all times. Treat the low	15. Written material "Low Blood Sugar" and class discussion

High Blood Sugar, Low Blood Sugar

	blood sugar without over treating	
16. Describe the proper treatment for low blood sugar and have high sugar	16.	16. Written material "Low Blood Sugar" and class discussion
17. Describe when to call the provider.	17. Contact the provider	17. Written material "Low Blood Sugar" and class discussion.
18. People with type 1 diabetes know what Ketoacidosis is and what to do.	18. List the signs and symptoms and describe how to check for ketones.	18. Written material "Low Blood Sugar" and class discussion
19. Discuss the level of confidence you have to recognize high and low blood sugar and treat correctly.	19. Add a goal to your Action Plan.	19. Written material " Ketoacidosis " and class discussion.