



*A Disease Process Module: **Understanding Diabetes***

INSTRUCTIONS FOR THE SUPERVISOR

Step One:

- Make a copy of the Instructions for the Learner page. Return your original to the sheet protector. Add the following information to the copy:
 1. The name (or position) of the person to whom the aides should direct questions.
 2. The name (or position) of the person to whom the aides should turn in their quizzes.
 3. The date by which the quiz page should be turned in.
 4. The name (or position) of the person who will initial the aides' Inservice Club Membership Cards.
- Use this copy as your "master" as you make up the inservice packets.

Step Two:

- Have the following copied for each learner:
 1. The **Instructions for the Learner** page.
 2. The **12 Page** Inservice newsletter.
 3. OPTIONAL: Your workplace policy on checking and recording blood glucose levels.
 4. The **Quiz** page.

Step Three:

For Self-Study Use

- Distribute as desired—in employee mailboxes; folded in paychecks, etc.
- You may want to post the Quiz Answer Sheet in a prominent spot.

For Group Use

- Read over the Suggested Participatory Activities, the Suggested Teaching Tips and the Suggested Discussion Questions.
- Select the activities you want to use during your inservice hour.



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SUGGESTED PARTICIPATORY ACTIVITIES

ACTIVITY # 1: DEALING WITH DIABETES!

Emphasize to your staff how difficult it is to live with diabetes by asking your nursing assistants to give their responses to the following: (HINT: Encourage them to think of responses that will help clients accept and control their diabetes.)

- Your diabetic client has been trying to quit smoking, but you notice him lighting up a cigarette. He says to you, *“Oh, a few cigarettes a day won’t hurt me, right?”* What would you say?
- Your diabetic client seems depressed and refuses to exercise. When you suggest taking a walk, your client says, *“No, I don’t feel like it today. Maybe some other time.”* How would you respond?
- Your overweight client has recently been diagnosed with diabetes, but every few days her daughter still brings her lunch from a fast food joint. The client says to you, *“I know I shouldn’t eat so much fried food, but I don’t want to hurt my daughter’s feelings.”* How would you answer her?

Write down each response on a board or flipchart. Consider voting for the best answers and giving a large, shiny red apple as a prize to the winners. (A healthy reward!)

ACTIVITY #2: COULD YOU HAVE DIABETES?

Make enough copies of the Diabetes Self-Assessment Worksheet for all your nursing assistants.

Encourage them to complete the assessment. Assist as necessary.

Discuss your own assessment results and tell the group how this information helps you. Encourage any staff member who is concerned about diabetes to consult with his/her physician.

ACTIVITY #3: GET THE LAST WORD!

- What you’ll need: A one minute timer and something that makes a funny noise like a buzzer or a squeaky toy.
- Have 2 participants come to the front of the room and sit face to face. Give them a diabetes related topic from the list below, and set the timer for one minute.
- Participants race to get “the last word.” The first person says a word associated with the category you selected. Then the other person says a word for the category. It goes back and forth like this for one minute. Participants cannot repeat words and can only use words that fit the category.
- At the end of one minute—sound your alarm. The last person to say a word before the alarm (the one who got “the last word”) wins!
- CATEGORIES: Exercises to do with diabetic clients, Foods in the diabetic diet, Common Complications from diabetes. Feel free to make up a few categories of your own!



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SUGGESTED TEACHING TIPS

TEACHING TIPS

- Make an overhead of the Quiz Answer Sheet.
- Take advantage of this inservice time to go over your workplace policies on checking and documenting blood sugar levels.
- Take some time to allow participants to discuss their reaction to:
 - The “Think About It” box on page 6, and
 - The “What I Know Now” box on page 12.
- Have a training (or refresher) course for any nursing assistants who are allowed to use glucometers. Make sure they know how to use them, clean them, test them for accuracy, and record the results—in keeping with your workplace policies and procedures.
- Share information about your diabetic clients with the nursing assistants who work with them. For example, is Mrs. Jones needing less insulin these days? Her aide may have played a part in that improvement. Did Mr. Brown have to switch from oral meds to insulin? His aide should know about this development. Discuss strategies for dealing with any changes.
- Bring a glucometer, lancets and insulin syringes to the inservice meeting, if available.
- Download and print publications from www.ndep.nih.gov/publications.

RESOURCES

The following resources were used in developing this inservice. You might want to check them out for further information:

- The Center for Disease Control at www.cdc.gov
- The National Institute for Diabetes and Digestive and Kidney Diseases, NIH at www.niddk.nih.gov
- The International Diabetes Institute at www.idi.org
- The American Diabetes Association at www.diabetes.org
- The Department of Health & Human Services at www.dhhs.gov
- Diabetes Self Management at www.diabetesselfmanagement.com
- The Health Central Network, Inc at www.healthcentral.com/diabetes
- Diabetes Health at www.diabeteshealth.com

More to Learn!

Your staff may enjoy the following related In the Know inservices:

- Recognizing & Reporting Abnormal Observations
- Understanding Blood Sugar
- Understanding Heart Attacks
- The Effects of Smoking
- How Wounds Heal & How You Can Help
- Preventing Pressure Sores
- Understanding Common Eye Disorders
- Basic Nutrition & Hydration

If your In the Know library doesn't include these titles, they are available for purchase by calling our toll-free number:

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SUGGESTED DISCUSSION QUESTIONS

DISCUSSION QUESTION #1

It's very likely that as a nursing assistant, you will get lots of questions from diabetic clients about what they can and cannot eat, especially those who are newly diagnosed or not managing their blood sugar well. Are you prepared to answer these questions?

- Your newly diagnosed diabetic client is going out to dinner with her husband for their anniversary. She asks you, *"What is the best thing for me to order at the restaurant?"*
- Your client's daughter routinely brings meals over for him. They are all his favorites. . . spaghetti and meatballs, chicken pot pie, cheesesteak subs, and fast food cheeseburgers with fries. One day she tells you, *"The doctor told me I'm feeding my father all the wrong foods. What am I doing wrong?"*
- Your 73 year old diabetic client loves fast food! He has eaten it his whole life. Despite his slim frame, he suffers from uncontrolled blood sugar levels. He asks you, *"What can I eat at McDonalds, Wendy's and Burger King that won't affect my blood sugar?"*

DISCUSSION QUESTION #2

You may have been told that it's not okay to clip the toenails of your diabetic clients, but do you know why?

- Answer: People with diabetes have decreased blood circulation in the lower extremities, so if the foot is wounded by toenail clippers, it will be slow to heal and is likely to develop infection. At it's worst, a simple nick with toenail clippers could end with an amputation.

HERE ARE MORE QUESTIONS THAT MAY SPUR SOME INTERESTING DISCUSSION:

- Let's say that your diabetic client, Mr. Smith, needs his left foot amputated. If he doesn't have the surgery, he will die. Should he be allowed to refuse?
- Due to the increase in obesity across the United States, people are developing type 2 diabetes at a younger and younger age. Do you have any ideas on how Americans can reverse this trend?
- If a doctor told you that you could avoid developing diabetes for your whole life if only you would take a 30 minute walk every single day, would you do it? Why or why not?



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QUIZ ANSWER SHEET

- 1. Diabetes is the leading cause of this problem:**
D. All of these. Diabetes is the most common cause of lower limb amputations, strokes, and kidney disease.
 - 2. Which of these is needed to help glucose enter the cells for storage?**
B. Insulin. Insulin is the key that unlocks the doors to the cells so the glucose can be stored inside.
 - 3. Your client asks you if it's okay to have a piece of birthday cake at her granddaughters birthday party. You should tell her:**
C. It's okay to have a very small piece on this special occasion. If eaten as part of a healthy meal plan, and combined with exercise, small portions of sweets and desserts can be eaten by people with diabetes.
 - 4. The best test for diagnosing diabetes is the:**
A. A1c. An A1c test shows blood sugar levels over a span of several weeks. It is the best way to diagnose diabetes and identify who is at risk of getting diabetes.
 - 5. False**
Corrected Answer: People who take insulin are **MORE** likely to suffer from hypoglycemia (low blood sugar).
 - 6. True**
Most people have some ability to control their blood sugar with diet and exercise.
 - 7. False**
Corrected Answer: Tingling, burning or a sharp, jabbing pain in the legs may be a sign of diabetic **NEUROPATHY**.
 - 8. True**
Exercise helps the body use food and insulin better.
 - 9. True**
Increased thirst and frequent urination are common symptoms of diabetes.
 - 10. False**
Corrected Answer: **ALL** food causes blood sugar to go up, some foods just take longer.
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Developing Top-Notch CNAs, One Inservice at a Time

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DIABETES SELF-ASSESSMENT WORKSHEET:

COULD YOU HAVE DIABETES?

There are at least six million Americans who have diabetes but don't know it. Could you be one of those people? To find out if you are at risk, read each statement below, decide if it applies to you and then circle the appropriate points for "True" or "False". Then, add up all the points to get your total score.

	<u>TRUE</u>	<u>FALSE</u>
My weight is equal to or above that listed in the chart below.	5 pts	0 pts
I am under 65 years of age and I usually get little or no exercise.	5 pts	0 pts
I am between 45 and 64 years of age.	5 pts	0 pts
I am 65 years old or older.	9 pts	0 pts
I am a woman who gave birth to a baby weighing more than 9 lbs.	1 pt	0 pts
I have a sister or brother with diabetes.	1 pt	0 pts
I have a parent with diabetes.	1 pt	0 pts

Your Total Score: _____



Now, check your score to see if you are at risk for diabetes.

AT-RISK WEIGHT CHART

If you weigh the same or more than the amount listed for your height, you may be at risk for diabetes.

<u>Height Without Shoes</u>	<u>Weight Without Clothing</u>	<u>Height Without Shoes</u>	<u>Weight Without Clothing</u>
4 feet 10 inches	129 pounds	5 feet 8 inches	177 pounds
4 feet 11 inches	133 pounds	5 feet 9 inches	182 pounds
5 feet 0 inches	138 pounds	5 feet 10 inches	188 pounds
5 feet 1 inch	143 pounds	5 feet 11 inches	193 pounds
5 feet 2 inches	147 pounds	6 feet	199 pounds
5 feet 3 inches	152 pounds	6 feet 1 inch	204 pounds
5 feet 4 inches	157 pounds	6 feet 2 inches	210 pounds
5 feet 5 inches	162 pounds	6 feet 3 inches	216 pounds
5 feet 6 inches	167 pounds	6 feet 4 inches	221 pounds
5 feet 7 inches	172 pounds		



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DIABETES SELF-ASSESSMENT WORKSHEET:

ANSWER KEY!

There are at least six million Americans who have diabetes but don't know it. Could you be one of those people? To find out if you are at risk, read each statement below, decide if it applies to you and then circle the appropriate points for "True" or "False". Then, add up all the points to get your total score.

If you scored less than 3 points:

You have little to no risk of developing diabetes at this time. Keep in mind that your risk may increase with age or if you gain weight.

If you scored from 3 to 9 points:

You are probably at low risk for having diabetes now. But don't just forget about it—especially if you are of Hispanic/Latino, African American, American Indian, Asian American or Pacific Islander heritage. These ethnic groups have a higher risk of developing diabetes.

If you scored 10 or more points:

You are at greater risk for having diabetes. Only your health care provider can determine if you have diabetes. You may want to talk to your physician about this issue.

People can reduce their risk of developing diabetes by:

- Losing weight (if they are overweight). Even a loss of 10 or 15 pounds can be beneficial!
- Making healthy food choices to help maintain normal blood sugar, blood pressure and cholesterol levels.
- Getting 30 minutes of physical exercise every day.
- Having regular checkups with their physician.



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EVALUATION

Employee Name _____

Date _____ Self-Study Inservice Group-Study Inservice

1. Put a checkmark in the box that best describes how you feel about each learning objective.

LEARNING OBJECTIVE	I am able to do this.	I might be able to do this.	I can't do this.	I'm not sure.
<i>Describe the connection between insulin and diabetes.</i>				
<i>Name at least five symptoms of diabetes.</i>				
<i>Discuss how to help diabetic clients prevent hypoglycemia.</i>				
<i>Describe how diet, exercise and medications work together to treat diabetes.</i>				
<i>Demonstrate how you can help your clients prevent diabetic complications.</i>				

2. Did you learn anything new that will help you in your job? Yes No

If yes, please explain: _____

3. If you have questions about the inservice information that did not get answered, note them here:

4. Other comments? _____
