

Sick Days

Learning Objective	Behavior	Learning Methods and Materials
<ol style="list-style-type: none"> 1. Explain how other illnesses, even colds and flu can affect your blood sugar. 2. Explain what happens to blood sugar when you are sick. 3. Explain what a sick day plan is and the things you should talk to your provider about. 4. List the items you should have on hand to treat common illnesses. 5. Explain who should check for ketones and when. 6. Discuss when and how often you should check your blood sugar and take your temperature when you are sick. 7. Explain what you should eat when you are sick, both when you can eat regular foods and when you cannot. 	<ol style="list-style-type: none"> 3. Develop and use a list of the information discussed with the provider about what to do when you are sick. 4. Have the items on the list in your home. 5. Type 1 Diabetics should have Ketone test strips and know how to use them. 6. Take your temperature every 4 hours and blood sugar every 2 to 4 hours and record the results. 7. Have items in the pantry that will provide 15 grams of carbohydrate. When sick eat regular meals if possible, if not eat 15 grams of carbohydrate an hour. 	<ol style="list-style-type: none"> 1. Written material, "Sick Days" and class discussion. 2. Written material, "<i>Sick Days</i>" and class discussion. 3. Written material, "<i>Sick Days</i>" "Sick Day Plan" and class discussion. 4. Written material, "<i>Sick Days</i>" and class discussion. 5. Written material, "<i>Sick Days</i>" and class discussion. 6. Written material, "<i>Sick Days</i>" "Sick Day Record" and class discussion. 7. Written material, "<i>Sick Days</i>" "<i>Sick Days Part</i>", and class discussion.

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<ol style="list-style-type: none"> 8. List the 5 signs of dehydration. 9. Discuss the importance of keeping a record of what you eat and drink, your temperature, your symptoms and your blood sugar. 10. List 6 to 8 of the times you should call your provider when you are sick. 11. Explain how over the counter medications can affect your blood sugar. 12. Describe some items you want to work on to control diabetes when you are sick. 	<ol style="list-style-type: none"> 8. Check for signs of dehydration when you are sick and get help as indicated. 9. Keep a record of what you eat and drink, your temperature, your symptoms and your blood sugar. 10. Call the clinic or go to the emergency room as directed. 11. Read the labels of over the counter medications and talk with your provider or the pharmacist about the right medications to take. Enter your medications on the action plan. 12. Check your Action Plan 	<ol style="list-style-type: none"> 8. Written material, "<i>Sick Days</i>" and class discussion. 9. Written material, "<i>Sick Days</i>" "Sick Day Record" and class discussion. 10. Written material, "<i>Sick Days</i>" and class discussion. 11. Written material, "<i>Sick Days</i>" and class discussion. 12. Written material, "Action Plan".
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