

What is Diabetes ?

Learning Objective	Behavior	Learning Method and Materials
1. Discuss the need for and the benefits of Self-Management.	1.	1. Written material " <i>Why should I take control of my diabetes?</i> " and class discussion.
2. Name five of the seven risk factors for diabetes.	2.	2. Written material " <i>Facts about Diabetes</i> " and class discussion.
3. Name seven to nine symptoms of diabetes.	3.	3. Written material " <i>Facts about Diabetes</i> " and class discussion.
4. Identify the differences between type 1 and type 2 Diabetes.	4.	4. Written material " <i>What is Diabetes?</i> " and " <i>What is the difference between type 1 and type 2 Diabetes?</i> " and class discussion.
5. Discuss what Pre-diabetes is and describe how you will promote pre-diabetes and diabetes awareness with your family and friends.	5. Talk with family and friend about pre-diabetes and diabetes.	5. Written material " <i>Pre-Diabetes</i> " and " <i>What is Diabetes?</i> " and class discussion.
6. Briefly identify the three organ systems responsible for high blood sugar in diabetes.	6.	6. Written material " <i>Problems that cause Diabetes</i> " and class discussion.
7. Explain the difference between fasting and random blood glucose/sugar tests and the normal values.	7.	7. Written material " <i>How do You Know if You Have Diabetes?</i> " and class discussion.
8. Define what HbA1c measures and	8.	8. Written material " <i>Hemoglobin A1c</i> " and

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how often it should be done.		class discussion.
9. Explain why an HbA1c of 6.5 to 7 is a healthy goal.	9.	9. Written material and class discussion "Hemoglobin A1c" .
10. Name at least three risks of an HbA1c over 7.	10.	10. Written material "Hemoglobin A1c" and class discussion.
11. Name your current HbA1c and describe it as safe or dangerous.	11. Keep a record of the dates the HbA1c's were done and the results. Identify both their HbA1c on the HbA1c thermometer and the goal HbA1c.	11. Written form "Diabetic Record" to record the information and review it during class.
12. Explain the value of keeping a Diabetic Record.	12. Begin to maintain the "Diabetic Record" at each provider visit and use it to schedule appointments when studies are due.	12. Written form "Diabetic Record", "You and Your Provider" , and "Questions to ask the provider" .
13. Complete "The Taking Control of Diabetes Assessment" worksheet.	13. Complete the "Taking Control of Diabetes Assessment". Review the "Taking Control of Diabetes Assessment" with your provider.	13. Written form "Taking Control of Diabetes Assessment."