





Goals of Diabetes Lesson Plans

14-15 years

My Diabetes

Goals of Diabetes Lesson Plans	Age Group: 14-15yrs
Topic: What is Diabetes Long term complications/future Health with diabetes. (Delivered by Nurse)	
Title of session: My Diabetes	Timing of session: Approx 40mins

Aim of session:

- To understand the effects of diabetes on the body.
- To learn about potential future health complications and how to prevent them.
- To understand the significance of HbA1c.
- To explain purpose of Annual Review checks.

Learning Objectives:

- Can I describe what diabetes is and how insulin works?
- Do I know which organs can be affected by long term effects of diabetes?
- Can I give a simple definition of HbA1c and ideal target?
- Do I know what the annual review checks are and why they are done?

Assessment for Learning (AfL) activities built into session:

- Use own words to describe diabetes.
- Describe how insulin works using 'lock and key' analogy (or other descriptors).
- · Identify which organs can potentially be affected by long term effects of diabetes.
- State their own HbA1c target.
- Identify barriers to achieving HbA1c.

Evaluation activities to be built into session:

Identify something positive they can do to reduce effects of diabetes

Materials/resources needed:

- Flip chart and pens.
- Body board or similar resource/pre-drawn body outline on flip chart.
- Diabetes UK What is Diabetes video/DB diabetes explainer.
- DigiBete app.
- HbA1c 'red balls' with glucose attached.
- · Sieves with holes to explain microalbuminuria/thickened artery pictures or models.
- Pictures of retinal screening images healthy and with retinopathy.





Time	Session Content/ Taught Content	Resources Needed
5mins	 Q: If you were a doctor, having to tell someone newly diagnosed with T1 diabetes, what would you tell them? To explain what diabetes is. What is in the journey ahead. 	Listen to responses. Share experiences and knowledge.
5mins	How does insulin work in the body? Ask for volunteer to use body board or draw on flipchart. Educator to clarify any mis-descriptions to provide clear explanation for group same for pump and pen.	Body board with suitable magnets (glucose, keys, blood vessels etc). Flip chart and pens.
5mins	Show Diabetes UK 'What is Diabetes' video OR DigiBete Diabetes Explainer animated video.	Laptop and screen to show video (www.diabetes.org.uk). Annual Review Video. https://www.diabetes.org.uk/diabetes-the-basics/diabetes-and-the-body
3mins 7mins	 Q: How do we measure if you have enough insulin? BG checks/CGM in target. Time in Range on sensor. HbA1c every 3 months. Q: Can anyone explain what HbA1c is? Educator to give clear explanation using HbA1c 'red balls' - RBC with glucose attached, last for 3 months. Q: What HbA1c number are we aiming for, to reduce risks of future problems? Acknowledge different individual targets, but state national target of 48mmol/ 	Listen to responses. Listen to responses. 'Red balls' with glucose attached, or similar resource to explain HbA1c. Listen to individuals' responses.
	Is this easy to reach? What are the barriers to achieving this? e.g.: life, growth, hormones, school, exam stress, family stress, unhealthy food choices, lack of exercise, lack of routine, forgetting insulin, upset with friends, increasing independence, alcohol, overwhelmed by diabetes tasks. Q: Why are we aiming for HbA1c to be as close to 48mmol/mol as possible? Clarify myths and expectations about long term complications.	Flip chart for answers. Listen to responses. Assess knowledge of LT complications and how long they take to happen.





Time	Session Content/ Taught Content	Resources Needed
5mins	Q: Which organs can potentially be affected by diabetes? Short or long term? In pairs come up with a list of what can be affected Short: skin (spots and infections), brain (concentration), blurred vision,	Listen to responses Share experiences and knowledge
5mins	headaches, UTIs Long: eyes, feet, nerves, circulation, kidneys, heart, blood vessels, reproductive health - fertility and ED Use body board or pre-drawn body on flip chart to identify the above – invite pairs to feedback	Body board with suitable magnets (glucose, keys, blood vessels etc) Flip chart and pens
5mins	Educator to explain the potential effects of long term diabetes, and connect AR checks with different organs (as a way of screening for any long-term effects so any problems flagged up early) Q: What can you do to help reduce the effects of diabetes? In your pairs, can you think of what you can do Pairs to feedback 1. Take insulin regularly 2. Keep glucose as close to target as possible 3. Eat healthy protective food - not too much fat or salt 4. Do some activity to keep blood flowing 5. Don't smoke/vape 6. Get AR checks done every year	Laptop and screen to show video (www.diabetes.org.uk) https://www.diabetes.org.uk/diabetes-the-basics/diabetes-and-the-body
3mins	Summary: Watch annual review explainer video/annual review quiz or virtual waiting room	Access to website/app on phone
1min	Evaluation: What is my own HbA1c target? What can I do to reduce effects of diabetes on my body (choose from created list)	List of flip chart suggestions of how to reduce effects of diabetes