CLINICA family health

Diabetes Group Visit Curriculum: 1st Group

1. Patient handouts needed for this class	Name tags Patient Diabetes Log (English and Spanish) Confidentiality Form and Photo Consent Group Guidelines
2. Special supplies needed for this class	White board or Easel Note Pad Dry eraser marker or sharpies Pens Room Set Up
3. Are any special guest attendees required and if so, who? (List roles needed and topics they will cover)	No guest during 1st session strongly advised
4. Welcome Activity (provide examples of: introductions, ice breaker, opening activity)	Partner Interview: Divide group into pairs. Partners interview each other. After spending 5 minutes interviewing, the group comes back together and forms a circle. Each person takes a turn (clockwise around circle) introducing his or her partner sharing the information gained from the interview. Sample Questions: First and last name Nickname Home town Number of siblings Special talent hobby or interest Favorite type of music Favorite type of book Favorite movie
5. Completion of Self-Assessment Sheet (SAS)	SAS What's Important Eng SAS What's Important Spa
6. Questions to ask group participants to begin facilitated group discussion	• Why did you decide to attend this group? • What are some of my challenges in coping with diabetes? • What do I do best, in regards to my diabetes? • What can I do better, in regards to my diabetes?

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	• What days are best for you to attend this group visit ongoing?
7. List important topics to cover – takeaways for group participants	What does the group what to learn? Did patient feel comfortable in the group visit setting? Group Guidelines Provider and CM roles
8. Goal setting	I will eat one new vegetable before the next meeting (have patient's name which vegetable and when). SMG Goal Sheet: English or Spanish
9. Hand out group visit assessment or survey (sessions XX)	Inform patients that the survey will be issue twice a year for the life of the group (session #2 and #4) GV Patient Satisfaction Survey Recommend distributing survey at the end of the session
10. Remind group participants of next group time/follow-up that is needed	Group will meet every 3 months Reminder of any homework/patient handouts Notify patients of next session topic any guests attending next session
11. Closing Activity	Share one thing you will do for yourself before the next meeting (can be specific or general for this fist group only: When? Where? With whom? By when?)

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