# Diabetes Group Visit Curriculum: Cholesterol

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| 1. Patient handouts needed for this class | Name tags<br>Patient Diabetes Log (English and Spanish)<br>Cholesterol&DiabetesEN_Clinica<br>Cholesterol&DiabetesSP_Clinica<br>Tips for a Healthy Weight_EN<br>Tips for a Healthy Weight_SPA<br>ADA_Healthy Food Choices_ENG<br>ADA_Healthy Food Choices_SPA<br>Healthy vs Unhealthy Fats_ENG<br>Healthy vs Unhealthy Fats_SPA<br>Nutrition Facts Label_ENG<br>Nutrition Facts Label_SPA<br>Mexican Plate_ENG<br>Mexican Plate_SPA<br>Healthy Snacks-Meals_ENG<br>Healthy Snacks-Meals_SPA<br><br>All handouts given at the start of class will be referenced throughout session |
| 2. Special supplies needed for this class | White board or Easel Note Pad<br>Dry eraser marker or sharpies<br>Labels from common foods to pass around (as provided by RD)<br>Food teaching kit (already at each site)<br>Consider model of clogged arteries/veins (this would have to be purchased) |
| 3. Are any special guest attendees required and if so, who? (List roles needed and topics they will cover) | Registered Dietician can serve as Auxiliary Facilitator |
| 4. Welcome Activity (provide examples of: introductions, ice breaker, opening activity) | Watch Video:<br>http://watchlearnlive.heart.org/CVML_Player.php?moduleSelect=hdlldl |

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| 5. Completion of Self-Assessment Sheet (SAS) | N/A |
| 6. Questions to ask group participants to begin facilitated group discussion | • Watch and discuss: http://watchlearnlive.heart.org/CVML_Player.php?moduleSelect=hdlldl<br>• Has anyone here made changes in their lifestyle that improved their cholesterol? If so, can you share what changes you made.<br>• Who can tell the group what cholesterol is or what it means to have high cholesterol?<br>• What are the type of foods that affect our cholesterol?<br>• Why is it important to have healthy cholesterol values?<br>• Why is taking care of your cholesterol important when you have diabetes?<br>• What are healthy goals for your cholesterol values? |
| 7. List important topics to cover – takeaways for group participants | • The meaning of each lipid value (total cholesterol, LDL, HDL and triglycerides)<br>• The difference between cholesterol and triglycerides<br>• The importance of achieving healthy values for heart health, goal for each value for risk reduction<br>• How to improve each value (dietary and lifestyle strategies). |
| 8. Goal setting | One thing I will do to achieve healthy values for heart health and/or goal for each value for risk reduction.<br><br>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<br><br>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<br>Reminder of any homework/patient handouts<br>Notify patients of next session topic any guests attending next session |

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| 11. Closing Activity | One Last Word:<br>Ask the participant to think of a word that describes how they feel at the end of the session, each person shares his/her last word. |

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