Diabetes Group Visit Curriculum:
Physiology of Diabetes

1. Patient handouts needed for this class	Name tags Patient Diabetes Log (English and Spanish) All handouts to be given at the beginning of class. Will be referenced throughout the session. Type2DiabetesEN_Clinica Type2DiabetesSP_Clinica Wearable Necklace Posters_ENG Wearable Necklace Posters_SPA
2. Special supplies needed for this class	White board or Easel Note Pad Dry eraser marker or sharpies Physiology of Diabetes Activity Kit • DM Physiology Activity (PPT instructions) • Pathophysiology of Diabetes • Patofisiologia de la Diabetes • Wearable signs containing script to read attached in the back (carbs, glucose, pancreas, cell, insulin) • Mouth, intestines and blood stream signs to be hanged in the room • Pins or tape to hang wall signs • Hula hoop (to be carried by patient playing "cell" role) Projector: patients watch two small videos about the physiology of diabetes ~ 2 min each • Lenny explica la diabetes (video time: 3:09 to 5:35) • Video Didáctico: la diabetes www.pulevasalud.tv • Videos in English to be determined
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)	Patients choose what role they would like to play: carbs, glucose, pancreas, insulin, cell Each patient carries sign of role assigned

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5. Completion of Self-Assessment Sheet (SAS)	
6. Questions to ask group participants to begin facilitated group discussion	Patients to watch 2 short videos about the pathophysiology of diabetes RD to lead flow of role playing activity RD to facilitate group discussion after each patient reads script of role assigned
7. List important topics to cover – takeaways for group participants	• Carbs are the most important energy source for all people including people with diabetes • Carb portion control and choosing complex carbs instead of refined is key for BS control • Blood sugar control helps preserve pancreas/Beta cell function and avoid uncontrolled blood sugars complications like heart disease, kidney disease, vision problems, neuropathy • Beta cells in the pancreas produce insulin. Insulin is like a "key" that opens up cells in the body to allow sugar (glucose) to go from the blood stream into the cell • Cell uses sugar (glucose) as a raw material for energy production. This "energy" is vital for life
8. Goal setting	What one thing you learned from the presentation. 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	A Wish: Write on a piece of paper a wish for your baby, family, or your self place in a basket, mixed up, and have everyone pick one out and read out loud to the group.

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