Diabetes Group Visit Curriculum:
What is My A1C?

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 to throughout session. SAS Controlling My A1C Eng.pdf SAS Controlling My A1C Spa.pdf SAS Hypo and Hyper Blood Sugar Eng.pdf SAS Hypo and Hyper Blood Sugar Spa.pdf SAS on Monitoring Eng.pdf SAS on Monitoring Spa.pdf WhatsMyA1CEN_Clinica WhatsMyA1CSP_Clinica
2. Special supplies needed for this class	White board or Easel Note Pad Dry eraser marker or sharpies A1C teaching tool kit (contains test tubes showing how much denser blood becomes as A1c is higher), we don't have this at Clinica at the time, would have to be purchased Carb rich food models, visual aids (sugary beverages and recipient with number of teaspoons of sugar in each beverage)
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)	Go around circle: Share one thing that others may not know about you (hobby, travel, where born, play an instrument).
5. Completion of Self-Assessment Sheet (SAS)	SAS Controlling My A1C Eng.pdf SAS Controlling My A1C Spa.pdf SAS Hypo and Hyper Blood Sugar Eng.pdf SAS Hypo and Hyper Blood Sugar Spa.pdf

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	SAS on Monitoring Eng.pdf SAS on Monitoring Spa.pdf
6. Questions to ask group participants to begin facilitated group discussion	• What is A1C? • How often does A1C have to be measured? • Is there a difference between the A1C number and the number you get when you prick your finger? • Because I check my A1C I don't have to check my blood sugars? • Does a low A1C necessarily mean that my daily BS levels are under control? • Can A1C help diagnose diabetes? • What is a healthy range? What is a prediabetes range? • What A1C value is consistent with diabetes? • If I already have diabetes, what is a good value to lower risk of complications? • What are complications associated with higher A1C? • What happens to the pancreas if A1C is high? What does the pancreas produce? • Does exercise have an impact on blood sugar levels and A1c? • What factors can raise my blood sugars? • What factors can lower my blood sugar? • What are symptoms associated with high BS levels? • What are symptoms associated with low BS levels?
7. List important topics to cover – takeaways for group participants	• A1C definition, significance, goal • Importance of checking A1C as determined by provider depending on BS control • Importance of checking A1C and also Self-Monitoring of Blood Sugar Levels • Discuss factors that contribute to a higher and lower A1C • Fasting and postprandial BS goals • Association between lower A1C and lower risk of complications • How a lower A1C helps protects long-term pancreas function • Be familiar with High and Low BS symptoms • Know how to treat low BS levels (rule of 15)
1. Goal setting	I will decrease my A1c level by _____ point by doing the following _____. SMG Goal Sheet: English or Spanish

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2. 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
3. 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
4. Closing Activity	Appreciate: One thing you appreciate about yourself, your partner, your family, your friends…

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