CLINICA family health

Diabetes Group Visit Curriculum: Enjoying the Holidays

1. Patient handouts needed for this class	Name tags Patient Diabetes Log (English and Spanish) All handouts to be provided at the beginning of class. Will be referenced to during session. 9 Holiday Tips Eng 9 Holiday Tips Spa Healthy Snacks-Meals_ENG Healthy Snacks-Meals_SPA Mexican Plate_ENG Mexican Plate_SPA
2. Special supplies needed for this class	White board or Easel Note Pad Dry eraser marker or sharpies Food teaching kit (already at each site) Food models (each RD has a set) Plate model set from Dairy Association to build healthy plate Divided 9 inch plate Measuring cups Sugary beverages + their respective sugar content in teaspoons (from Case Manager Tool Box) Consider adding a My Plate Magnet to distribute to patients: optional
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)	Each patient can name their favorite food to have during the holidays and group can brainstorm on how to modify recipe to come up with a healthier version.
5. Completion of Self-Assessment Sheet (SAS)	N/A
6. Questions to ask group participants	• What is your favorite Holiday food/meal? • Have you modified your favorite Holiday recipes to make them healthier and/or to have less carbohydrates?

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to begin facilitated group discussion	• What activities do you do when you get together with friends and family to celebrate the Holidays? • Provide some examples of holiday foods/beverages that can raise your blood sugars? • What type of beverages do you drink during the Holidays? • Are you usually hungry when you arrive to a Holiday party? • When eating Holiday foods, do you eat slow or fast? • Does alcohol have any effect on blood sugar levels? • Do you use large or small plates at a Holiday dinner? Activity: DM Holiday Eating_2016 DM Holiday Eating PowerPoint (available in English only, Spanish translation pending)
7. List important topics to cover – takeaways for group participants	• Enjoy foods mindfully, eat slow • Portion control, use an 9" plate • Use plate method model to create balanced meals • Enjoy family and friends, holidays are not only about food • Limit sugary and alcoholic beverages • Limit sweets and desserts, enjoy small potions • Move more! Dance, walk, be active through the day
8. Goal setting	I will not arrive to a holiday party hungry. I will limit my _____intake to _____. 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	Goal: Pick one topic from the discussion ask everyone to set one goal and be prepared to follow up during the next session/closing.

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Reviewed by GVO September 2016