Diabetes Group Visit Curriculum:
Foot Exams

1. Patient handouts needed for this class	Name tags Patient Diabetes Log (English and Spanish) DiabetesAndFootCareEN_Clinica DiabetesAndFootCareSP_Clinica
2. Special supplies needed for this class	White board or Easel Note Pad Dry eraser marker or sharpies Diabetic foot visuals: Pics of diabetic foot ulcers (these can be printed in color and laminated)
3. Are any special guest attendees required and if so, who? (List roles needed and topics they will cover)	No
4. Welcome Activity (provide examples of: introductions, ice breaker, opening activity)	Take and Give: Pass around a bunch of buttons or paper clips or any other bulk item and ask them to take what they need, with no further explanation. Then tell the group that as they go around the room, each person must tell a fact or something about themselves for each item they took.
5. Completion of Self-Assessment Sheet (SAS)	DiabetesAndFootCareEN_Clinica DiabetesAndFootCareSP_Clinica
6. Questions to ask group participants to begin facilitated group discussion	Use questions from SAS
7. List important topics to cover – takeaways for group participants	• How to take care of your feet • How diabetes affects feet (images,visuals) • Use proper shoes and socks • Properly address nail care • Properly address wounds on feet
8. Goal setting	I will examine my feet _____. I will follow my providers instructions for proper care of my toe nails.

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	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) DM Patient 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	Ball Toss: Toss one ball and say the person's name. Every time a person throws the ball it is to the same person. Once everyone has had the ball once, start again and gradually add a second and third ball. Gets energy up.

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