CLINICA family health

Diabetes Group Visit Curriculum: Working with Your PCP

1. Patient handouts needed for this class	Name tags Patient Diabetes Log (English and Spanish) Review topics and handouts with patients WhenToCallTheDoctorEN_Clinica WhenToCallTheDoctorSP_Clinica Working With Your PCP Working With Your PCP Spa
2. Special supplies needed for this class	White board or Easel Note Pad Dry eraser marker or sharpies Pens
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)	Have patients stand up, state their name and role play one exercise they enjoy doing. Have everyone do the exercise together.
5. Completion of Self-Assessment Sheet (SAS)	N/A
6. Questions to ask group participants to begin facilitated group discussion	• When should you call or email (MCC) your doctor? • Have you ever come to your appointment and forget to ask questions? How do you remind yourself of the questions you have for your provider? • What helps you find out what questions you may want to ask your provider? • Ask questions from Working with Your PCP doc. Working With Your PCP
7. List important topics to cover – takeaways for group participants	• Always come prepared with questions or concerns to address with your provider • Write your questions and comments down so you can remember

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	• Ask for clarification from your provider on the plan/labs/medications/future appointments/etc.
8. Goal setting	Encourage patients to think about how to improve communication with their care team members. I will schedule any follow up appointments as necessary. I will keep all my appointments. 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	Breathing activity: This breathing exercise is utterly simple, takes almost no time, requires no equipment and can be done anywhere. This exercise is a natural tranquilizer for the nervous system. • Exhale completely through your mouth, making a whoosh sound • Close your mouth and inhale quietly through your nose to a mental count of **four**. • Hold your breath for a count of **seven**. • Exhale completely through your mouth, making a whoosh sound to a count of **eight**. • This is one breath. Now inhale again and repeat the cycle three more times for a total of four breaths. Instruct patient: Do it at least twice a day. You cannot do it too frequently. Do not do more than four breaths at one time for the first month of practice. Later, if you wish, you can extend it to eight breaths. If you feel a little lightheaded when you first breathe this way, do not be concerned; it will pass.

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