CLINICA family health

Diabetes Group Visit Curriculum: Alcohol and Smoking

1. Patient handouts needed for this class	Name tags Patient Diabetes Log (English and Spanish) AlcoholAndDiabetesEN_Clinica AlcoholAndDiabetesSP_Clinica SmokingWithDiabetesEN_Clinica SmokingWithDiabetesSP_Clinica
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)	BHP can serve as Auxiliary Facilitator for alcohol discussion only
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)	N/A
6. Questions to ask group participants to begin facilitated group discussion	• What's the appropriate quantity of alcohol for men? • What's the appropriate quantity of alcohol for women? • How much can you drink? • How much can you smoke? • How many of you know what the Colorado Quit line is?
7. List important topics to cover – takeaways for group participants	Colorado Quit Line: #1-800-784-8669 Serving sizes for alcohol
8. Goal setting	I will decrease my tobacco/alcohol consumption X amount by when… I will call the Colorado Quit Line by when…

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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) 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	Snowstorm: Patients write down what they learned in today's group (or what goals will you apply in the next three months) on a piece of paper and wad it up. Given a signal, they throw their paper snowballs in the air. Then each patient picks up a nearby response and reads it aloud.

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