CLINICA family health

Diabetes Group Visit Curriculum: Medications

1. Patient handouts needed for this class	Name tags Patient Diabetes Log (English and Spanish) DiabetesPillsActionsEN_Clinica.pdf DiabetesPillsActionsSP_Clinica.pdf GetYourShotsEN_Clinica.pdf GetYourShotsSP_Clinica.pdf MedicinesYouInjectEN_Clinica.pdf MedicinesYouInjectSP_Clinica.pdf WhatIsInsulinEN_Clinica.pdf WhatIsInsulinSP_Clinica.pdf WhyNeedInsulinEN_Clinica.pdf WhyNeedInsulinSP_Clinica.pdf SAS Medications Eng.pdf SAS Medications Spa.pdf
2. Special supplies needed for this class	White board or Easel Note Pad Dry eraser marker or sharpies Patient handouts Glucose logs Blood Sugar Glucose Log bilingual Glucometer and testing supplies Demo insulin pens/vials Medication list (customized to pt with name of med, dose, indication, directions)
3. Are any special guest attendees required and if so, who? (List roles needed and topics they will cover)	Clinical Pharmacist can serve as Auxiliary Facilitator
4. Welcome Activity (provide examples of: introductions, ice breaker, opening activity)	Food Bingo Food Bingo activity Eat this not that Eat This Not That activity

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5. Completion of Self-Assessment Sheet (SAS)	SAS Medications Eng.pdf SAS Medications Spa.pdf
6. Questions to ask group participants to begin facilitated group discussion	1. How do handle having DM? 2. How has DM affected your life? Relationships, work, mood. 3. What is your biggest fear? 4. Why are they on certain drugs? 5. What is a goal A1c? 6. What are symptoms of hyper and hypoglycemia and how do you manage these?
7. List important topics to cover – takeaways for group participants	• How do oral medicines work • How does insulin work • Drug-drug interactions • Understanding HBA1C and how one's medications can affect it • Role of immunizations in protecting health of a diabetic patient
8. Goal setting	Consider buddy system with goal-setting: • Would you a like a buddy from the group to check in with you between now and the next visit? Examples of medication-specific SMG's: • I will bring my medication with me to every visit. • I will order my med refill before I run out. • I will use a pill box to remember to take my medication. 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	"Today I learned, Tomorrow I hope"

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	At the end of the session, have each participant answer the following questions: “Today I learned…” “Tomorrow I hope…” More info on page 2 of this document: closing_activities

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