CLINICA family health

Diabetes Group Visit Curriculum: Diabetes Affect on Family

1. Patient handouts needed for this class	Name tags Patient Diabetes Log (English and Spanish) SAS Healthy Families Eng SAS Healthy Families Spa How Diabetes Affects Your Family_ENG How Diabetes Affects Your Family_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)	Four Squares: Fold the paper in half twice so you end up with four squares. Choose from the list of questions and assign one question for each square. The group will answer each question with a drawing. Then go around the group so each person can share. • If you could have an endless supply of any food, what would you get? • If you were an animal, what would you be and why? • When you were little, who was your favorite super hero and why? • What's your favorite thing to do in the summer? • If you were an ice cream flavor, which one would you be and why? • If you could visit any place in the world, where would you choose to go? • What's the weirdest thing you've ever eaten? • Name one of your favorite things about someone in your family.
5. Completion of Self-Assessment Sheet (SAS)	See above SAS Healthy Families Eng SAS Healthy Families Spa
6. Questions to ask group participants	Ask questions in the SAS, facilitate conversation around SAS's Review Family Involvement handout How Diabetes Affects Your Family_ENG

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to begin facilitated group discussion	How Diabetes Affects Your Family_SPA
7. List important topics to cover – takeaways for group participants	Importance of rallying a support group/system Build healthy families Educate family (medications pt. takes, sign and symptoms of Hyperglycemia or Hypoglycemia, when to call 911)
8. Goal setting	We will do one thing as a family to relax or exercise: (have patients name what they will do, when, how, etc.). 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	Complete the following sentence: "I like it when my family _____ because _____."

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