CLINICA family health

Diabetes Group Visit Curriculum: Physical Activity

1. Patient handouts needed for this class	Name tags Patient Diabetes Log (English and Spanish) Review topics and handouts with patients LegExercisesEN_Clinica LegExercisesSP_Clinica LetsGetMovingEN_Clinica LetsGetMovingSP_Clinica WalkingWorksEN_Clinica WalkingWorksSP_Clinica WeeklyExercisePlannerEN_Clinica WeeklyExercisePlannerSP_Clinica SAS Exercise Eng SAS Exercise 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)	Registered Dietician can serve as Auxiliary Facilitator
4. Welcome Activity (provide examples of: introductions, ice breaker, opening activity)	Patient states their name and demonstrates one exercise they enjoy doing.
5. Completion of Self-Assessment Sheet (SAS)	SAS Exercise Eng SAS Exercise Spa
6. Questions to ask group participants to begin facilitated group discussion	Write up questions and answers for group to see • What are the benefits of exercising? • How much do you have to exercise?
7. List important topics to cover –	The value and benefits of exercise. Self-management goal to continue or start exercise

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takeaways for group participants	
8. Goal setting	I will walk _____ min a day. I will *type of exercise* for *time spent* minutes per _day(s)/week__. 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	Fill in the blank: "Tomorrow I hope to _____."

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