**Shared Medical Appointments**

**Education Sessions – Diabetes NSW & ACT**

**Time per session:** 30 minutes

**Scope of the education session**

* Delivered by a credentialled diabetes educator
* Where possible the education session is linked to the topics discussed during the Shared Medical Appointment (SMA) or is the chosen of by the participants.
* Provide information and education to assist with self-management.
* Each topic will have learning objectives, suit different learning styles; visual (use of props) and kinaesthetic (touch/handle props), as well as auditory (delivery of the session without the use of a PowerPoint presentation).
* Provide details of where to go for further support such as NDSS services such as the Helpline and local programs.
* Encourage regular visits or reconnecting with their doctor and/or primary health care team.
* The program will be developed to encompass the **choice theory**; focusing on what the person wants to change based on their individual needs, delivered using positive health literacy language and tone, providing content that is user-centred.

**What support is available and will be promoted?**

* **Information book** - After registering with the National Diabetes Services Scheme (NDSS), the person will receive a registration card and an information book **within 10 business days**. The book is designed to give general information about diabetes, NDSS services and products.
* **National NDSS information sheets** on a large variety of topics are available. These can be downloaded or ordered through the diabetes organisations or the NDSS website.
* **NDSS Multicultural Portal**: provides a broad range of translated diabetes resources, including factsheets and brochures, about managing diabetes in a wide variety of languages.
* **National NDSS Diabetes Helpline:** a phone service staffed by a variety of health professionals, such as diabetes educators and dietitians, who can answer questions and provide practical, up-to-date information. The Helpline operates during 8:30am to 5:00pm Monday to Friday and from 9:00am to 12:00pm on Saturdays and national public holidays.

### **NDSS Education programs:** held locally and free to attend if registered with the NDSS, include for example:

* + **Carb Smart**: covering healthy eating, how carbohydrates impact blood glucose levels and how to choose good quality carbohydrates.
	+ **Foot Smart**: covering daily foot care and how to avoid foot complications
	+ **Med Smart**: covering what kind of medications the person uses, what they do and what the side effects could be.
	+ **Shop Smart**: covering healthy eating and how to read food labels.
	+ **Ready Set Go, Let’s Move**: which assist the person in taking the first steps to making physical activity a part of their lifestyle.
	+ **Beat it Gym program:** 8 week (2 one-hour sessions per week) physical activity and lifestyle program, tailored exercises by accredited exercise physiologist in a group setting.
	+ **Living with insulin:** workshop for people changing or have changed insulin injections, to learn more about how insulin works, blood glucose monitoring and hypo/hyperglycaemia.

**Sessions and learning objectives**

* Each session will close where to go for more support, and promotion of other local education options

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| **TOPIC** | **LEARNING OBJECTIVES** | **VISUAL AIDS & activities** | **RESOURCES** |
| **What makes your blood glucose level go up or come down** | * To understand the action of insulin
* To understand the effect of food, exercise, stress, illness and medication including steroids on the blood glucose level
* To identify their target BGL range.
* To recall the action to take if the blood glucose level is not in the target range.
 | **Activity:** using the diagram below look at the reasons why BGLs vary, the causes of diabetes and what effects the blood glucose level.Group discussion and problem solving | NDSS Fact sheets:* Type 2 diabetes
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| **Practical tip for monitoring your blood glucose levels** | * To understand when to check their blood glucose level
* To recall how to check blood glucose level
* To understand how to access testing strips, lancets and sharps
* To understand the services provided by the NDSS
 | **Activity:** People will bring their metersDiscussion on how to use the equipment, check the strips are in-date, lancet usage (frequency before changing).Everyone will check their meter with control solution.People who are not checking their BGL will be provided with a meter and instruction. Meters will be replaced if an older model. | NDSS Fact sheets:* Blood glucose monitoring

Supplies* Spare meters to give away
* Sharps containers to give away
* Control solution
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| **Annual Cycle of Care** | * To understand the role of the Annual Cycle of Care in self-managing their diabetes
* To identify the tests and checks
 | **Activity:** Cards matching game to discuss the test and checks and who to see.See attached cards  | Record Card – see attached appendix 2NDSS Fact sheets:* Annual Cycle of Care
* Diabetes related complications
* Sexual health and diabetes
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| **Simple steps to healthier feet** | * To understand the importance of a regular home foot inspection.
* To demonstrate a foot inspection.
* To recall the action to take if there is a change identified.
 | **Activity:** take off shoes and socks and inspect feet**Activity:** rub oil/cream into one hand and compare to other**Aides:** files, clippers, creams, mirrors**Each person:** sample of Plunket’s products | NDSS Fact sheets:* Looking after your feet
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| **Simples steps to healthier meals** | * To recall the role of healthier eating in self-managing their diabetes
* To identify the simple steps to eating healthier
* To demonstrate food selection for a healthy meal
* To recall to find more information about food and diabetes
 | **Activity:** assemble a healthy plate meal using food models**Demonstrate:** Sugar per serve – soft drinks, juice and compare to common food items (food model and packet foods) | NDSS Fact sheets:* Healthy food choice
* Healthy Meal Tips information sheet – see attached
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| **Simple steps to moving more** | * To recall the role of physical activity in self-managing their diabetes
* To identify the simple steps to moving more
* To identify one thing to start being more physically active
* To recall where to find more information about physical activity
 | **Activity:** using the current exercise guidelines (Department of Health) – using attached activity outline (1) | NDSS Fact sheets:* Physical Activity

Possible programs (NDSS free to attend if registered:* Ready Set Go let’s Move
* Beat it Gym
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| **Medications to insulin** | * To recall the role of medications in managing diabetes
* To identify how their medication works, and possible side-effects
* To recall where to find more information about medications
 | **Activity:** whiteboard: everyone identifies the medications they are taking. Compare the way each medication works, when to take and possible side-effects. | NDSS Fact sheets:* Medications for type 2
* Insulin
* Steroid Medication
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| **Sick days**  | * To recall their role in managing sick days, hospital admissions
 | **Activity:** each person to develop a sick day plan using template provided following group discussion on what is needed in the plan.**Equipment:** Whiteboard, pens**Key discussion points:** * Effect on BGL
* What equipment is needed
* Action to take
 | NDSS Fact sheets:* Sick days and type 2 diabetes
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