



## Diabetes Resource and Collaboration Hub

# Group Class Curriculum Overview and Resources

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The Diabetes Resource and Collaboration Hub (DRCH) Group Class Curriculum Overview and Resources is a tool to help diabetes educators plan and execute group classes. It provides an at-a-glance overview of the content for a diabetes self-management education (DSME) program group class, including topics covered, sample materials, and assessment tools. It is intended to assist diabetes educators with planning for and executing group classes in the following ways:

- ▶ Provide a course overview that diabetes educators can reference to ensure the full spectrum of content and skills are being taught
- ▶ Identify specific knowledge and skills aligned with each core topic
- ▶ Categorize curriculum materials, patient resources, and assessments to support each core topic

The materials referenced are examples only, and not mandated for use. If not using the suggested materials and assessments, diabetes educators may also use the Group Class Curriculum Overview and Resources as a template to map their own resources to the core topics.

## How to Read the Curriculum Overview and Resources

The rows in the curriculum map correspond to the nine core topics recommended in Standard 6 of the [National Standards for Diabetes Self-Management Education and Support](#). The columns align the content and resources to each core topic, as follows:

- ▶ **Knowledge and Skills:** What the patient should know or be able to do after learning about the core topic. In other words, the content that the materials and instruction should address in each core topic.
- ▶ **Recommended Materials:** Curriculum slides and patient handouts that support patient learning in each of the core topics. Note, patient handouts designated with an asterisk require patients to input individualized content (e.g., logging blood glucose readings) and patients may require support (in-class or follow-up meetings) from a diabetes educator or clinician to complete. Handouts not marked with an asterisk are suitable for in-class use or may be provided to patients to take home as reference materials.
- ▶ **Post-Course Materials:** Materials that support all of the core topics and may be provided to patients to take home and use as a reference guide outside of class. These materials are also suitable for in-class use.
- ▶ **Patient Learning Assessments:** Tools to evaluate patient learning across all of the core topics.

*...continued on reverse*

Curriculum Topic	Knowledge and Skills <sup>1,2</sup>	Recommended Materials
Introduction to Diabetes	<ul style="list-style-type: none"> <li>‣ Diabetes process and treatment options</li> <li>‣ Standards of care</li> </ul>	<ul style="list-style-type: none"> <li>‣ DSME 1: Diabetes 101</li> </ul>
Healthy Eating	<ul style="list-style-type: none"> <li>‣ Nutrition and lifestyle</li> <li>‣ Nutrition and blood glucose,</li> <li>‣ Carbohydrates and fat</li> <li>‣ Meal planning</li> </ul>	<ul style="list-style-type: none"> <li>‣ DSME 2: Healthy Eating</li> <li>‣ Balanced Plate Handout</li> <li>‣ Carbohydrate Counting Handouts*</li> <li>‣ Type 2 Diabetes Nutrition Therapy Handouts*</li> <li>‣ Healthy Tips For Eating Out Handouts</li> </ul>
Physical Activity	<ul style="list-style-type: none"> <li>‣ Physical activity and lifestyle</li> <li>‣ Physical activity and blood glucose</li> <li>‣ Barriers to physical activity</li> </ul>	<ul style="list-style-type: none"> <li>‣ DSME 5: Physical Activity</li> <li>‣ Exercise Prescription Handout*</li> </ul>
Medication	<ul style="list-style-type: none"> <li>‣ Safe and effective use of medication</li> <li>‣ How medication works</li> </ul>	<ul style="list-style-type: none"> <li>‣ DSME 3: Medications</li> <li>‣ How to Take Insulin Handouts</li> <li>‣ Glucagon Handouts</li> <li>‣ Brand-specific Medication Handouts and Worksheets*</li> <li>‣ Non-Insulin Injectables Video</li> </ul>
Monitoring Blood Glucose	<ul style="list-style-type: none"> <li>‣ Monitoring blood glucose and interpreting the results</li> <li>‣ Target values and interpretation of results</li> <li>‣ Monitoring blood pressure, urine ketones and weight</li> </ul>	<ul style="list-style-type: none"> <li>‣ DSME 4: Monitoring</li> <li>‣ Blood Glucose Log*</li> <li>‣ Meal-Blood Glucose Log*</li> <li>‣ Patient's Guide to Testing Blood Sugars</li> <li>‣ Blood Glucose Testing Instructions for Patients Handout</li> <li>‣ Blood Glucose Monitoring Video</li> </ul>
Acute Complications	<ul style="list-style-type: none"> <li>‣ Preventing, detecting, and treating acute complications</li> <li>‣ Preventing hypo/hyperglycemia</li> </ul>	<ul style="list-style-type: none"> <li>‣ DSME 6: Diabetes Emergencies</li> <li>‣ Emergency Diabetes Care Wallet Card*</li> <li>‣ Sick Day Handout for Patients*</li> <li>‣ Managing and Preventing Hypoglycemia</li> <li>‣ Patient's Guide to Managing Sick Days</li> </ul>
Chronic Complications	<ul style="list-style-type: none"> <li>‣ Preventing, detecting, and treating chronic complications</li> <li>‣ Smoking cessation, foot inspections, blood pressure monitoring</li> </ul>	<ul style="list-style-type: none"> <li>‣ DSME 7: Chronic Complications</li> <li>‣ Foot Care Video</li> <li>‣ Take Care of Your Feet handout</li> </ul>
Psychosocial Issues	<ul style="list-style-type: none"> <li>‣ Developing personal strategies to address psychosocial issues and concerns</li> <li>‣ Addressing barriers and developing coping strategies</li> </ul>	<ul style="list-style-type: none"> <li>‣ DSME 8: Coping with Diabetes</li> </ul>
Behavior Change	<ul style="list-style-type: none"> <li>‣ Developing personal strategies to promote health and behavior change</li> <li>‣ Setting goals and overcoming obstacles</li> </ul>	<ul style="list-style-type: none"> <li>‣ DSME 8: Coping with Diabetes</li> <li>‣ Diabetes Passport*</li> <li>‣ Diabetes Group Visit Sample Visit*</li> <li>‣ Never Too Early Handout</li> </ul>
Post-Course Materials		Patient Learning Assessments
<ul style="list-style-type: none"> <li>‣ DoD/VA Self-Care Skills Booklet</li> <li>‣ Diabetes Handbook for Active Duty</li> <li>‣ Post-Course Diabetes Checklist</li> <li>‣ Post-Course Wallet Card</li> <li>‣ Post-Course Calendar</li> </ul>		<ul style="list-style-type: none"> <li>‣ Initial Assessment</li> <li>‣ Check Your Understanding (included in the DSME curriculum modules)</li> <li>‣ Patient Follow-Up Assessment for Education</li> <li>‣ Methods to Assess Patient Learning</li> </ul>

\* Materials marked with an asterisk are worksheets that include individualized elements and patients may require instructor or clinical provider guidance to fill them out.

<sup>1</sup> American Association of Diabetes Educators. AADE7 Self-Care Behaviors. <http://www.diabeteseducator.org/ProfessionalResources/AADE7/>. 2015. Accessed 16 June 2015.

<sup>2</sup> Haas, L., et. al National Standards for Diabetes Self-Management Education and Support, Diabetes Care November 2012 vol. 35 no 11 2393-2401. <http://care.diabetesjournals.org/content/35/11/2393.full.pdf+html>. Accessed 16 June 2015.