

**Newly diagnosed Type 2 Diabetes Structured Education Programme**

Development Plan

Educator:

Date:

<b>Changes identified</b>	<b>Date to be achieved by</b>	<b>Date achieved</b>

# Newly diagnosed Type 2 Diabetes Structured Education Programme

General skills

Date:

Reviewer:

Educator:

Skill	Evidence	Changes identified
The room and resources are well prepared in advance		
The educator uses time effectively		
The educator uses resources effectively		
The educator shows knowledge of the whole curriculum		
All participants are actively involved in the programme		
Participants are encouraged to use and reflect on own experiences		

The educator uses language at a level appropriate for all participants		
The educator uses a variety of adult learning techniques including problem solving, discussion and open questions		

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Lesson: What is Diabetes?

Date:

Reviewer:

Educator:

Learning outcome	Achieved			Evidence	Changes identified
	Fully	Partly	Not		
Be aware that everyone has glucose in their blood					
Know the normal blood glucose for people without diabetes					
Know how diabetes is diagnosed					
Understand that all carbohydrate is broken down into glucose during digestion and enters the blood stream					
Know that insulin lowers the blood glucose level					
Know that normally insulin is produced by the pancreas automatically					

Understand that in type 2 diabetes there may not be enough insulin produced and / or they have insulin resistance					
Know that there are 2 main types of diabetes.					
Understand that Type 2 Diabetes is not a 'mild' condition					
Be able to identify the possible symptoms of diabetes					
Be aware that people diagnosed with Type 2 Diabetes may have mild or no symptoms					

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Lesson: Carbohydrate and activity

Date:

Reviewer:

Educator:

Learning outcome	Achieved			Evidence	Changes identified
	Fully	Partly	Not		
Know the aims of the dietary management of diabetes					
Be able to name three main nutrients found in foods					
Know that to maintain good health all these nutrients are required in our diet					
Know that it is carbohydrate foods which effect blood glucose levels.					
Be able to identify carbohydrate foods					

Explain the difference between carbohydrate foods which increase blood glucose levels fast or more slowly					
Be aware of fast acting carbohydrate foods which should be avoided					
Know to spread slower acting carbohydrate evenly over the day					
Know how to keep active					
Know the recommendations for exercise					
Understand the benefits of eating health and keeping active					
Be able to practically apply learning from Nutrition 1					

