

# Lesson Plan: Taking Diabetes Medicines

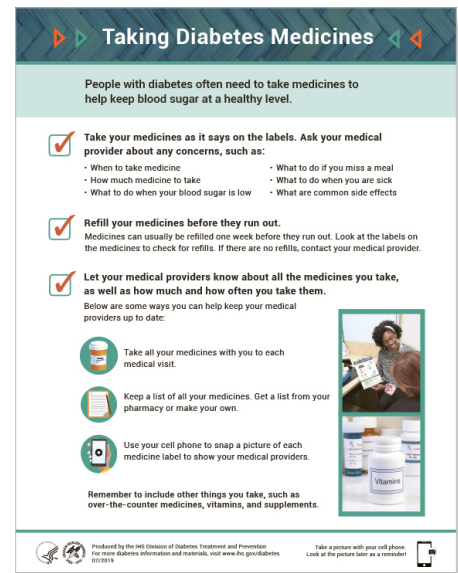
## Handout and Key Points

Handout to use: [Taking Diabetes Medicines](#)

This two-page education handout is designed to complement the conversation between the educator and participant. Download or order copies at no cost using the link above.

### Key Points to Discuss:

- People with diabetes often need to take medicines to help keep blood sugar at a healthy level.
- Take your medicines as it says on the labels.
- Refill medicines before they run out.
- Ways to keep your medical providers updated on medicines you take:
  - Take all your medicines with you to each medical visit.
  - Keep a list of all your medicines.
  - Use your cell phone to snap a picture of each medicine label to show your medical providers.
  - Include other things such as over-the-counter medicines, vitamins, and supplements.
- Tips to help you remember to take medicines.
- Be safe with medicines.



## Objectives and Goal Setting

### Objectives

By the end of this lesson, the participant will be able to:

1. Know that people with diabetes may need to take medicines to help manage blood sugar.
2. Recognize the importance of taking medicines as prescribed and addressing concerns with medical providers.
3. Identify ways to keep medical providers updated on medicines taken.
4. List two or more tips to help remember to take medicines.

### Goal Setting

Participant will identify ways to take medicines as prescribed and set a goal to do this.



# Taking Diabetes Medicines



## Educator Resources

### IHS Division of Diabetes Treatment and Prevention Resources

- A variety of materials can be found on the [Division of Diabetes Clinician Resources](#) and [Standards of Care for Glycemic Control: Assessment, Monitoring and Goal Setting](#) websites.
- Search the [Education Materials and Resources Online Catalog](#) for materials and resources featuring American Indian and Alaska Native people.
- [Integrating Case Management Into Your SDPI Diabetes Best Practice](#) [PDF – 290 KB] – Use this Case Management guide to assist you in meeting the health needs of individuals in your clinic and community diabetes programs.
- [Integrating Diabetes Self-Management Education and Support Into Your SDPI Diabetes Best Practice](#) [PDF – 275 KB] – Explore strategies and tools to enhance DSMES in your diabetes program.

### Looking for additional materials?

- [NIH: Insulin, Medicines, & Other Diabetes Treatments](#)
- [NIH: Questions to Ask about Your Diabetes Medicines](#)
- [HHS: Use Medicines Safely](#)



## Participant Materials and Handouts

### IHS Division of Diabetes Treatment and Prevention Resources

Search the [Education Materials and Resources Online Catalog](#) for materials and resources featuring American Indian and Alaska Native people.

- Taking Diabetes Medicines
- Low Blood Sugar
- Know Your Numbers: A1C and Blood Pressure
- Tips for Managing Blood Sugar
- Working With the Diabetes Health Care Team
- **Video:** [Author Barbara Mora Injecting Insulin Demonstration](#)  
Barbara Mora, Paiute/Diné author of “[Using Our Wit and Wisdom to Live Well with Diabetes](#)” role-models diabetes self-care for individuals using insulin. Individuals should talk with their health care provider to learn how to inject insulin.
- **Video:** [Author Barbara Mora Let Go of Your Fear of Insulin](#)  
Barbara Mora, Paiute/Diné author of “[Using Our Wit and Wisdom to Live Well with Diabetes](#)” describes her personal experience with letting go of her fear of insulin.

