

Lesson Plan: Diabetic Eye Disease

Diabetic Eye Disease

What is diabetic eye disease?
Diabetic eye disease can happen when a person has high blood sugar over a long period of time. This causes blood vessels in the back of the eye to leak or bleed. It can occur in one or both eyes. This is called retinopathy.

How do you know if you have diabetic eye disease?
There are often no warning signs. The only way to know if you have diabetic eye disease is by getting your eyes checked. People with diabetes need to get their eyes checked at least once a year.

There are two ways to check:

- 1 Get a dilated eye exam by an eye doctor.
- 2 Some clinics can screen for diabetic eye disease by taking pictures of the back of your eyes.

You can help prevent or slow diabetic eye disease.

- Manage your blood sugar and blood pressure.
- Take your medicines as prescribed.
- Get an eye exam every year.

Produced by the IHS Division of Diabetes Treatment and Prevention in collaboration with the IHS National Diabetes Eye Care Consortium. For more diabetes information and materials, visit www.ihs.gov/diabetes. 05/2021

🔑 Handout and Key Points

Handout to use: [Diabetic Eye Disease](#)

This two-page education handout offers more in-depth information on eye disease than “Taking Care of Your Eyes When You Have Diabetes.” It 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:

- What is diabetic eye disease (retinopathy)?
- There are two ways to check for diabetic eye disease.
- You can help prevent or slow diabetic eye disease.
- How is diabetic eye disease treated?
- Diabetes increases the risk for other eye problems.
- What to do if you notice sudden changes in your vision.

🎯 Objectives and Goal Setting

Objectives

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

1. Describe diabetic eye disease (retinopathy).
2. Explain how to prevent or slow diabetic eye disease.
3. Recognize the importance of having an eye exam at least once a year.
4. State steps to take if sudden changes in vision occur.

Goal Setting

Participant will identify ways to prevent or slow diabetic eye disease and set a goal to get started.

Diabetic Eye Disease



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 Eye Care](#) 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.
- [IHS-Joslin Vision Network Teleophthalmology Program](#)

Looking for additional materials?

- [Diabetes and You: Healthy Eyes Matter!](#)
- [NIH: National Eye Institute: Resources for Health Educators](#)
- [NIH: Get a Dilated Eye Exam](#)



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.

- Diabetic Eye Disease
- Taking Care of Your Eyes When You have Diabetes
- Know Your Numbers: A1C and Blood Pressure
- Tips for Managing Blood Sugar
- Working With the Diabetes Health Care Team

