



Patient & Family Education Codes (PEPC)

11th Edition
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DIABETES CURRICULUM EDUCATION CODES

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DOCUMENTING DIABETES EDUCATION CURRICULUM

Disease	Education Topic	Number Taught Required	Level of Understanding	Time	Provider Initials	Behavior Goal Required
DM	Know Your Numbers (ABC)	1-5	Good/Fair/Poor/Refused/Group	XX Min	Initials	GS GM GMM
DM	Foot Care (FTC)	1-5	Good/Fair/Poor/Refused/Group	XX Min	Initials	GS GM GMM

GS = Goal Set GM = Goal Met GNM = Goal Not Met

LEVEL OF UNDERSTANDING

GOOD (G)	FAIR (F)	POOR (P)	REFUSE (R)	GROUP (GP)
Verbalizes understanding Verbalizes decision or desire to change (plan of action) Able to return demonstration correctly	Verbalizes need for more education Undecided about making a decision or a change Return demonstration indicates a need for further teaching	Does not verbalize understanding Refuses to make a decision or need change Unable to return demonstration	Refuses or declines patient education	Education provided in group Unable to evaluate individual responses

What are the Diabetes Curriculum Education Codes?

The Diabetes Education Curriculum Codes (DMC) are a VERY specific set of codes that follow the IHS Diabetes Curriculum, “Balancing Your Life and Diabetes.” These IHS diabetes education codes are meant to be used by persons who are familiar with the IHS Diabetes Curriculum, “Balancing Your Life and Diabetes.”

If you are providing Diabetes Education and your site is *not* using the IHS “Balancing Your Life and Diabetes” curriculum, use the **DM** codes found in the main set of patient education codes. Only sites using the IHS “Balancing Your Life and Diabetes” should use the **DMC** (Diabetes Mellitus Curriculum) codes. If you are not sure which codes or curriculum your site should document with, check with your local Diabetes Coordinator

DMC-ABC	Knowing Your Numbers (ABC)
DMC-AC	Acute Complications
DMC-BG	Behavioral Goals (Making Healthy Changes)
DMC-BGM	Blood Sugar Monitoring, Home
DMC-CC	Chronic Complications (Preventing and treating diabetes complication)
DMC-DP	Disease Process (What Is Diabetes)
DMC-EX	Exercise (Moving to Stay Healthy)
DMC-FTC	Foot Care (Taking Care of Your Feet)
DMC-M	Diabetes Medicine- Overview and Diabetes Pills
DMC-IN	Diabetes Medicine - Insulin
DMC-MSE	Mind, Spirit And Emotion
DMC-N	Nutrition (Basics Of Healthy Eating)
DMC-N-FL	Nutrition (Session 1: Introduction to Food Labels)
DMC-N-CC	Nutrition (Session 2: Introduction to Carbohydrate Counting)
DMC-N-EL	Nutrition (Session 3: Introduction to Exchange Lists)
DMC-N-FS	Nutrition (Session 4: Introduction to Food Shopping)
DMC-N-HC	Nutrition (Session 5: Introduction to Health Cooking)
DMC-N-EA	Nutrition (Session 6: Introduction for Eating Away from Home)
DMC-N-AL	Nutrition (Session 7: Introduction for the Use of Alcohol)
DMC-N-D	Nutrition (Session 8: Introduction for the Evaluating Diets)
DMC-PG-DM	Session 1: Pregnancy, Diabetes and You: First Step to a Healthy
DMC-PG-N	Session 2: Healthy Eating During Pregnancy
DMC-PG-PA	Session 3: Moving to Stay Healthy During Pregnancy
DMC-PG-M	Session 4: Medicine During Pregnancy
DMC-PG-BGM	Session 5: Home Blood Sugar Monitoring During Pregnancy
DMC-PG-C	Session 6: Staying Healthy During Pregnancy
DMC-PG-PP	Session 7: Staying Health After Delivery
DMC-PG-PPC	Pre-Pregnancy Counseling
GDM	GESTATIONAL DIABETES
GDM-BG	Behavioral Goals (Making Healthy Changes)
GDM-BGM	Blood Sugar Monitoring, Home
GDM-C	Complications
GDM-DP	Disease Process
GDM-EX	Exercise (Physical Activity and Pregnancy)
GDM-FU	Follow-up
GDM-L	Patient Information Literature
GDM-N	Nutrition (Meal Planning in Pregnancy)

GDM-FU FOLLOW-UP

OUTCOME: *The individual/family will understand the importance of routine follow-up in diabetes treatment and management.*

STANDARDS:

FU1	Discuss the importance of regular medical appointments and education to prevent or delay the complications of diabetes
FU2	States at least 3 standards of diabetes care
FU3	States the local process to use to make appointments for clinical, education and other services for people with diabetes
FU50	Writes or states a personal plan for follow-up visits
FU51	Behavior goal met (follow-up)
FU52	Behavior goal unmet (follow-up)

GDM-L PATIENT INFORMATION LITERATURE

OUTCOME: *The individual/family receives information about diabetes self-care management.*

STANDARDS:

L1	Provided with diabetes self-care management information
L2	Provided information about local resources to promote health

GDM-N NUTRITION (MEAL PLANNING IN PREGNANCY)

OUTCOME: *The woman with gestational diabetes and her significant other/family will be able to make a personal plan for nutritional needs during pregnancy.*

STANDARDS:

N1	Discuss in simple terms carbohydrate foods
N2	Discuss 2 or more healthy eating changes to control blood sugar during pregnancy
N3	Discuss importance of consistent timing of meals and snacks
N50	Write a personal plan for making nutrition changes during pregnancy
N51	Behavior goal met (follow-up)
N52	Behavior goal unmet (follow-up)

- BGM7 Demonstrate how to record results correctly
- BGM8 Discuss benefits of bringing meter and logbooks to clinic visits
- BGM9 State proper disposal of insulin syringes and other sharps
- BGM10 States how to get blood sugar testing supplies
- BGM50 Writes a plan to test blood sugar
- BGM51 Behavior goal met (follow-up)
- BGM52 Behavior goal unmet (follow-up)

GDM-C COMPLICATIONS

OUTCOME: *The woman with gestational diabetes and her significant other/family will understand the relationship between high blood sugars and adverse outcomes of pregnancy.*

STANDARDS:

- C1 Discuss 2 complications for mom if blood sugars are high during pregnancy
- C2 Discuss 2 complications for baby if blood sugars are high during pregnancy
- C3 Describe the how to monitor fetal movement (kick counts)
- C4 Discuss how to control blood sugar during pregnancy
- C5 Discuss 2 things she can do to help prevent or control diabetes after delivery
- C50 Write a personal plan to control blood sugar during pregnancy
- C51 Behavior goal met (follow-up)
- C52 Behavior goal unmet (follow-up)

GDM-DP DISEASE PROCESS

OUTCOME: *The woman with gestational diabetes and her significant other/family will understand diabetes self care management during pregnancy.*

STANDARDS:

- DP1 Define in simple terms gestational diabetes
- DP2 State blood sugar goals for pregnancy
- DP3 Describe feelings about diabetes and pregnancy
- DP4 Describe self-care management during pregnancy
- DP50 Write a personal plan for self care management during pregnancy
- DP51 Behavior goal met (follow-up)
- DP52 Behavior goal unmet (follow-up)

GDM-EX EXERCISE (PHYSICAL ACTIVITY AND PREGNANCY)

OUTCOME: *The woman with gestational diabetes and her significant other/family will have a safe physical activity plan to follow during pregnancy.*

STANDARDS:

- EX1 Describe a safe physical activity plan for pregnancy
- EX2 List 3 guidelines to follow for a safe exercise program
- EX50 Write a physical activity plan to use during pregnancy
- EX51 Behavior goal met (follow-up)
- EX52 Behavior goal unmet (follow-up)

DMC-ABC KNOWING YOUR NUMBERS (ABC)

OUTCOME: *The individual/family will be able to identify target goals for A1c, blood pressure and blood fat levels.*

STANDARDS:

- ABC-1 Verbalize one reason for measuring A1c.
- ABC-2 State the target A1c goal for blood sugar control.
- ABC-3 Identify current A1c.
- ABC-4 State two ways to reach or maintain their A1c goal.
- ABC-5 Verbalize one reason for measuring blood pressure.
- ABC-6 State the target for blood pressure control.
- ABC-7 Identify current blood pressure.
- ABC-8 State two ways to reach or maintain a target blood pressure.
- ABC-9 Verbalize one reason for measuring blood fats.
- ABC-10 State the target goals for target blood fats
- ABC-11 Identify at least one current blood fat level.
- ABC-12 List two or more ways to reach or maintain target blood fat goals.
- ABC-13 State where to get help to improve their ABC numbers.
- ABC-GS State or write a plan to reach or maintain at least one of the ABC numbers.
- ABC-GM Behavior goal met (follow-up)
- ABC-GNM Behavior goal unmet (follow-up)

DMC-AC ACUTE COMPLICATIONS

OUTCOME: *The individual/family will understand acute complications and self-care actions to take to prevent or treat acute complications.*

STANDARDS:

LOW BLOOD SUGAR

- AC-1 Define low blood sugar
- AC-2 Discuss two or more causes of low blood sugar
- AC-3 List two or more symptoms of low blood sugar
- AC-4 State two or more actions to take when feeling symptoms of low blood sugar
- AC-5 State two or more actions to prevent low blood sugar

HIGH BLOOD SUGAR

- AC-6 Define high blood sugar
- AC-7 State two or more causes of high blood sugar
- AC-8 List two or more symptoms of high blood sugar
- AC-9 Discuss two or more actions to take when the blood sugar is high
- AC-10 State two or more actions to prevent high blood sugar

SICK DAY MANAGEMENT

- AC-11 Explain how blood sugar is affected during illness
- AC-12 State two or more things to do to manage blood sugar when sick
- AC-13. Identify two or more food and drink choices to use when sick
- AC-GS State or write a plan to use for low blood sugar, high blood sugar, and sick day management
- AC-GM Behavior goal met (follow-up)
- AC-GNM Behavior goal unmet (follow-up)

DMC-BG BEHAVIORAL GOALS (MAKING HEALTHY CHANGES)

OUTCOME: *The individual/family will have a basic knowledge of the process of behavior change and goal setting.*

STANDARDS:

- BG-1 State in simple terms what a goal is
- BG-2 Discuss personal habits
- BG-3 Identify desirable behavioral changes
- BG-4 Describe the process for making personal change
- BG-GS State or write a plan to change one or more behaviors
- BG-GM Behavior goal met (follow-up)
- BG-GNM Behavior goal unmet (follow-up)

DMC-BGM BLOOD SUGAR MONITORING, HOME

OUTCOME: *The individual/family will understand the importance of blood sugar monitoring, know how to use the meter, and make personal blood sugar monitoring plan.*

STANDARDS:

- BGM-1 Explain that people with diabetes use a meter to learn how much sugar is in the blood
- BGM-2. List benefits of checking blood sugar
- BGM-3 State target blood sugar ranges to decrease risk for complications
- BGM-4 Discuss personal blood sugar goals
- BGM-5 State when to check blood sugar
- BGM-6 Discuss proper technique for checking blood sugar. (To include maintenance, support services)
- BGM-7 Demonstrate how to record results correctly
- BGM-8 Discuss benefits of bringing meter and logbooks to clinic visits
- BGM-9 State proper disposal of sharps
- BGM-10 State how to get supplies to check blood sugar
- BGM-GS State or writes a plan to check blood sugar
- BGM-GM Behavior goal met (follow-up)
- BGM-GNM Behavior goal unmet (follow-up)

DMC-CC CHRONIC COMPLICATIONS (PREVENTING AND TREATING DIABETES COMPLICATION) STAYING HEALTHY WITH DIABETES

OUTCOME: *The individual/family will understand the prevention and treatment of long-term complications of diabetes.*

STANDARDS:

- CC-1 State that controlling blood sugar lowers the chance of getting diabetes complications
- CC-2 Identify two or more factors that increase the risk of complications
- CC-3 State two or more long-term complications of diabetes

RETINOPATHY

- CC-4 Describe retinopathy in their own words
- CC-5 List at least two or more ways to prevent or delay eye disease
- CC-6 Discuss how eye disease is treated

HEART DISEASE

- CC-7 Define heart disease in their own words
- CC-8 List at least two or more ways to prevent or delay heart disease

DMC-PPC PRE-PREGNANCY COUNSELING

OUTCOME: *The woman with diabetes and her significant other/family will understand the need for blood sugar control prior to pregnancy.*

STANDARDS:

- PPC-1 Describe the need to reach target blood sugar goals before becoming pregnant
- PPC-2 Identify two or more ways to reach target blood sugar goal before becoming pregnant
- PPC-3 State that insulin injections may be needed to reach target blood sugar goal before becoming pregnant
- PPC-4 State two potential problems for baby if pregnancy occurs while the mother's blood sugar is high
- PPC-5 State two potential problems for mother during pregnancy
- PPC-6 State the need to use birth control until ready to become pregnant
- PPC-7 State the need to seek early prenatal care
- PPC-8 State the need to avoid tobacco, alcohol, and drugs before and during pregnancy
- PPC-9 Identify community resources to support families before, during, and after pregnancy
- PPC-GS State or write a personal plan to prepare for pregnancy.
- PPC-GM Behavior goal met (follow-up)
- PPC-GNM Behavior goal unmet (follow-up)

GDM - GESTATIONAL DIABETES

GDM-BG BEHAVIORAL GOALS (MAKING HEALTHY CHANGES)

OUTCOME: *The individual/family will have a basic knowledge of the process of behavior change and goal setting.*

STANDARDS:

- BG1 State in simple terms what a goal is
- BG2 Discuss personal habits
- BG3 Identify what the patient may want to change
- BG4 Describe the process for making personal change
- BG50 Write one behavior change plan
- BG51 Behavior goal met (follow-up)
- BG52 Behavior goal unmet (follow-up)

GDM-BGM BLOOD SUGAR MONITORING, HOME

OUTCOME: *The individual/family will understand the importance of blood sugar monitoring, know how to use the monitor and make personal blood sugar monitoring plan.*

STANDARDS:

- BGM1 Explain that blood is tested to learn how much sugar is in the blood
- BGM2 List benefits of testing blood sugar
- BGM3 State blood sugar ranges to decrease risk for complications
- BGM4 State personal blood sugar goals
- BGM5 State when to test blood sugar
- BGM6 Demonstrate proper testing of blood sugar (To include maintenance, support services)

M-GS State or write a personal plan for the use of medicine during pregnancy.

DMC-PG-BGM SESSION 5: HOME BLOOD SUGAR MONITORING DURING PREGNANCY

OUTCOME: *The individual/family will understand the importance of blood sugar monitoring to reach and stay at target blood sugar goals.*

STANDARDS

- BGM-1 State target blood sugar goals to decrease the chance for problems for the mother and baby.
- BGM-2 State when to check blood sugar during pregnancy.
- BGM-3 Demonstrate how to use a logbook during pregnancy.
- BGM-GS State or write a personal plan to check blood sugar at home during pregnancy.

DMC-PG-C SESSION 6: STAYING HEALTHY DURING PREGNANCY

OUTCOME: *The individual/family will understand the care needed to prevent potential problems for mother and baby.*

STANDARDS

- C-1 Describe 2 or more things the mother can do for self-care to reach target blood sugar goals during pregnancy.
- C-2 State 2 or more potential problems for the mother during pregnancy.
- C-3 Describe 2 or more potential problems for the baby if the mother's blood sugar is high during pregnancy.
- C-4 Describe 2 or more tests, procedures, or examinations needed during pregnancy.
- C-5 State 2 or more guidelines for when to talk with a health care provider during pregnancy.
- C-GS State or write a personal plan to reach target blood sugar goals during pregnancy.

DMC-PG-PP SESSION 7: STAYING HEALTHY AFTER DELIVERY

OUTCOME: *The individual/family will understand the continued self-care needs after delivery.*

STANDARDS

- PP-1 Identify 2 or more self-care needs after delivery of mothers with diabetes during pregnancy.
- PP-2 Describe 2 or more things women with pre-gestational diabetes can do to manage diabetes after delivery.
- PP-3 Describe 2 or more things women with gestational diabetes can do to prevent or delay diabetes after delivery.
- PP-4 State 2 or more benefits of breastfeeding.
- PP-5 State or write a personal plan for diabetes self-care after delivery.

CC-9 Discuss how heart disease is treated

NEPHROPATHY

- CC-10 Define nephropathy in their own words
- CC-11 List at least two or more ways to prevent or delay kidney disease
- CC-12 Discuss how kidney disease is treated

NEUROPATHY

- CC-13 Define neuropathy in their own words
- CC-14 List two or more to prevent or delay nerve damage
- CC-15 Discuss how nerve damage is treated (To include pain management)

SEXUAL HEALTH AND DIABETES

- CC-16 Discuss in simple terms how diabetes and high blood sugars may impact intimacy/sexuality
- CC-17 List two or more ways to prevent or delay sexual health problems
- CC-18 Discuss how sexual health problems are treated
- CC-19 Discuss ways to talk about sexual concerns with significant others and members of the health care team

PERIODONTAL

- CC-20 Describe periodontal disease in their own words
- CC-21 List at least two or more ways to prevent or delay gum/teeth problems
- CC-22 Discuss how periodontal disease is treated

SUMMARY

- CC-23 Describe the need for all people with diabetes to get yearly tests, exams, and immunizations
- CC-24 Identify their risk factors for diabetes complications
- CC-GS State or write at least one behavior change that will help lower their risk for diabetes complications
- CC-GM Behavior goal met (follow-up)
- CC-GNM Behavior goal unmet (follow-up)

DMC-DP DISEASE PROCESS (WHAT IS DIABETES) BALANCING YOUR LIFE AND DIABETES

OUTCOME: *The individual/family will have a basic understanding of the definition, pathophysiology, and treatment of Type 2 diabetes.*

STANDARDS:

- DP-1 Provide a simple definition for diabetes in their own words
- DP-2 Discuss the differences between Type 1 and Type 2 diabetes.
- DP-3 Explain how the body normally uses food
- DP-4 List two or more risk factors for developing diabetes
- DP-5 Describe the impact of insulin resistance in diabetes
- DP-6 List two or more signs or symptoms of high blood sugar
- DP-7 State the range for normal fasting blood sugar
- DP-8 State a normal blood sugar range one to two hours after a meal
- DP-9 Explain that high blood sugar can cause damage to the nerves and blood vessels in the eyes, heart, kidneys, and feet
- DP-10 List two or more diabetes self-care actions necessary to reach target blood sugar goals

- DP-GS State or write one change to make for diabetes self care
- DP-GM Behavior goal met (follow-up)
- DP-GNM Behavior goal unmet (follow-up)

DMC- EX EXERCISE (MOVING TO STAY HEALTHY)

OUTCOME: *The individual/family will understand the relationship of physical activity in achieving and maintaining blood sugar control by making a personal physical activity plan.*

STANDARDS

- EX-1 List two or more benefits of regular physical activity
- EX-2 State effects of physical activity on blood sugar
- EX-3 Discuss kinds of physical activity
- EX-4 Discuss time and frequency for physical activity
- EX-5 Discuss simple ways to measure intensity of physical activity
- EX-6 Discuss medical clearance issues for physical activity
- EX-7 List one or more ways to stay safe during physical activity
- EX-GS State or write a personal plan for physical activity
- EX-GM Behavior goal met (follow-up)
- EX-GNM Behavior goal unmet (follow-up)

DMC-FTC FOOT CARE (TAKING CARE OF YOUR FEET)

OUTCOME: *The individual/family will understand the importance of foot care for people with diabetes.*

STANDARDS:

- FTC-1 State one or more reasons to check feet every day
- FTC-2 Identify two or more risk factors for foot problems
- FTC-3 List two or more daily self-care action to prevent foot problems
- FTC-4 Describe how to cut toenails correctly
- FTC-5 Describe two or more things to look for when choosing proper footwear
- FTC-6 State two or more signs and symptoms of foot and skin infections
- FTC-7 State the reason for routine foot exams at each clinic visit and yearly foot screening
- FTC-GS Demonstrate a personal foot exam and state a personal foot care plan
- FTC-GM Behavior goal met (follow-up)
- FTC-GNM Behavior goal unmet (follow-up)

DMC-M DIABETES MEDICINE- OVERVIEW AND DIABETES PILLS

DMC-IN DIABETES MEDICINE - INSULIN

OUTCOME: *The individual/family will understand their medicine regiment.*

SECTION 1: OVERVIEW

- M-1 Discuss the role of diabetes medicines in the overall diabetes treatment plan
- M-2 State two or more reasons for adding or changing diabetes medicines
- M-3 State the importance of checking blood sugar more often when medicines are changed

DMC-PG-N SESSION 2: HEALTHY EATING DURING PREGNANCY

OUTCOME: *The individual/family will understand the basics of healthy eating during pregnancy.*

STANDARDS

SECTION 1: BASICS OF HEALTHY EATING DURING PREGNANCY

- N-1 Identify the effect of carbohydrate foods on blood sugar during pregnancy.
- N-2 Identify 2 or more healthy food choices to reach target blood sugar goals during pregnancy.
- N-3 Describe a healthy eating pattern during pregnancy which includes several small meals and snacks throughout the day.
- N-GS State or write a personal plan for using food choices to reach target blood sugar goals and/or manage common nutritional concerns of pregnancy.

SECTION 2: HEALTHY EATING FOR COMMON CONCERNS DURING PREGNANCY

- N-4 Describe 1 or more ways to check for healthy weight gain during pregnancy.
- N-5 Describe 2 or more ways to relieve nausea, constipation, and heartburn during pregnancy.
- N-6 Describe 1 or more ways to manage milk intolerance during pregnancy.
- N-7 Describe the use of sugar-free sweeteners during pregnancy.
- N-8 Describe the proper use of vitamins and supplements during pregnancy.
- N-GS State or write a personal plan for using food choices to reach target blood sugar goals and/or manage common nutritional concerns of pregnancy.

DMC-PG-PA SESSION 3: MOVING TO STAY HEALTHY DURING PREGNANCY

OUTCOME: *The individual/family will understand the impact of physical activity on blood sugar during pregnancy.*

STANDARDS

- PA-1 List 2 or more benefits of physical activity during pregnancy.
- PA-2 Identify 2 or more kinds of physical activity safe for pregnancy.
- PA-3 Identify 2 or more things to do to keep physical activity safe during pregnancy.
- PA-GS State or write a personal plan for physical activity during pregnancy.

DMC-PG-M SESSION 4: MEDICINE DURING PREGNANCY

OUTCOME: *The individual/family will understand their medicine regimen.*

STANDARDS

- M-1 Describe the use of insulin during pregnancy.
- M-2 Describe the use of diabetes pills during pregnancy.
- M-3 Discuss the use of prescription, over-the-counter, and herbal medicines, as well as traditional practices, during pregnancy.

- EA-2 food choices when eating away from home.
- EA-2 Identify 2 or more ways to plan ahead for healthy food choices when eating away from home.
- EA-3 Identify 2 or more ways to make healthy food choices when eating away from home.
- EA-GS State or write a personal plan for eating away from home.

DMC-N-AL NUTRITION (SESSION 7: GUIDELINES FOR THE USE OF ALCOHOL)

OUTCOME: *The individual/family will understand the basics of using alcohol with diabetes.*

STANDARDS

- AL-1 State 2 or more ways alcohol can affect a person with diabetes.
- AL-2 State 2 or more guidelines for the use of alcohol.
- AL-3 State 2 or more situations when it is important not to drink alcohol.
- AL-GS State or write a personal plan for the use of alcohol.

DMC-N-D NUTRITION (SESSION 8: GUIDELINES FOR EVALUATING DIETS)

OUTCOME: *The individual/family will understand the basics of evaluating diets.*

STANDARDS

- D-1 Describe “dieting” in simple terms.
- D-2 Describe how to know if a diet is healthy.
- D-3 Identify 2 or more problems that may happen with an unhealthy diet.
- D-4 Discuss how to find reliable resources for nutrition facts and answers to questions about dieting.
- D-GS State or write a personal plan for choosing a healthy diet.

DMC-PG PREGNANCY

DMC-PG-DM SESSION 1: PREGNANCY, DIABETES AND YOU: FIRST STEPS TO A HEALTHY

OUTCOME: *The individual/family will understand the definition of pre-gestational and gestational diabetes.*

STANDARDS:

- DM-1 Describe personal feelings about pregnancy and diabetes.
- DM-2 State in own words the difference between pre-gestational and gestational diabetes.
- DM-3 State the target blood sugar goals for pregnancy.
- DM-4 Describe the need for frequent care and follow-up during pregnancy.
- DM-5 Identify 2 or more resources for support during pregnancy.
- DM-GS State or write a personal plan for care during pregnancy.

- M-4 State the importance of taking medicines as prescribed
- M-5 State two or more guidelines for when to contact a health care provider for medicine
- M-6 Discuss the role of alternative treatments for diabetes and how they affect blood sugar (including herbal, traditional healing methods, and over-the-counter medicines)

SECTION 2: DIABETES PILLS

- M7 State the name of their diabetes pills, how much to take, when to take them, how they work, and possible side effects
- M-GS State or write a personal plan for taking their diabetes pills
- M-GM Behavior goal met (follow-up)
- M-GNM Behavior goal unmet (follow-up)

SECTION 3: INSULIN

- IN-1 Discuss how insulin works to control blood sugar in persons with Type 2 diabetes
- IN-2 Describe the type of insulin they use, the name of the insulin, how it works, how much to take, and when to take it
- IN-3 Identify insulin injection sites
- IN-4 Demonstrate proper technique for withdrawing and injecting insulin
- IN-5 Discuss proper storage of insulin
- IN-6 Discuss proper disposal of insulin syringes and other sharps
- IN-7 Discuss the major side effect of taking insulin
- IN-GS State or write a personal plan for taking insulin
- IN-GM Behavior goal met (follow-up)
- IN-GNM Behavior goal unmet (follow-up)

DMC-MSE MIND, SPIRIT AND EMOTION

OUTCOME: *The individual/family will understand the emotional impact of diabetes on their personal lives.*

STANDARDS:

- MSE-1 Express feelings about having diabetes
- MSE-2 Discuss one or more ways diabetes has affected his/her life and/or the lives of their family members and significant others
- MSE-3 Identify their support person(s)
- MSE-4 Share past experiences in dealing with health or other kinds of problems
- MSE-5 Explain the body’s response to stress
- MSE-6 Discuss ways to handle stress
- MSE-GS State or write one way to handle a stressful situation
- MSE-GM Behavior goal met (follow-up)
- MSE-GNM Behavior goal unmet (follow-up)

DMC-N NUTRITION (BASICS OF HEALTHY EATING)

OUTCOME: *The individual/family will understand the basics of healthy eating.*

STANDARDS:

SECTION 1: INTRODUCTION TO HEALTHY EATING

- N-1 Describe the effect of food on diabetes

- N-2 State that healthy food choices are good for the person with diabetes and their whole family
- N-3 Describe how timing and consistency of food can help people with diabetes reach their target blood sugar goals
- N-4 Describe the effect of portion sizes on blood sugar
- N-5 State that eating less sugar and fat can help lower blood sugar
- N-6 State how keeping a record of food eaten can help people with diabetes reach their target blood sugar goals

SECTION 2: BASICS OF HEALTH EATING

- N-7 State two or more benefits of healthy food choices for the person with diabetes
- N-8 Record a day's meal onto a food record
- N-9 Discuss the basic food groups
- N-10 Identify the food groups high in carbohydrates and recognize their effects on blood sugar
- N-11 State that weight loss can help people with diabetes reach their target blood sugar goals
- N-12 Discuss how to find reliable resources for nutrition facts and answers to questions
- N-GS State or write a personal plan for making healthy food choices
- N-GM Behavior goal met (follow-up)
- N-GNM Behavior goal not met (follow-up)

SECTION 3: HEART HEALTHY EATING

- N-13 State that heart healthy food choices are good for the person with diabetes and their whole family
- N-14 Identify foods that increase the risk for heart disease
- N-15 Identify foods that can decrease risk for heart disease
- N-16 Identify two or more ways to choose foods to lower the risk of heart disease

DMC-N-FL NUTRITION (SESSION 1: INTRODUCTION TO FOOD LABELS)

OUTCOME: *The individual/family will understand the basics of food labels.*

STANDARDS

- FL-1 Identify at least 4 items of information on a food label, including serving size, total calories, and amounts of carbohydrate and fat.
- FL-2 State that ingredients on the food label are listed in the order of the amount from greatest to least.
- FL-3 Define the words "free", "low", "reduced/less" and "light/lite" on the food label.
- FL-4 Describe how to use the food label to make healthy food choices.
- FL-GS State or write a person plan for using food labels.

DMC-N-CC NUTRITION (SESSION 2: INTRODUCTION TO CARBOHYDRATE COUNTING)

OUTCOME: *The individual/family will understand the basics of carbohydrate counting.*

STANDARDS

- CC-1 Describe carbohydrate counting in simple terms.
- CC-2 Identify the carbohydrate food groups and list 2 or

- more foods in each group.
- CC-3 Define a serving size of carbohydrate food.
- CC-4 State 2 or more benefits of using carbohydrate counting to reach and stay at target blood sugar goals.
- CC-5 Identify the number of carbohydrate serving needed at each meal.
- CC-GS State or write a personal plan for carbohydrate counting.

DMC-N-EL NUTRITION (SESSION 3: INTRODUCTION TO EXCHANGE LISTS)

OUTCOME: *The individual/family will understand the basics of exchange lists.*

STANDARDS

- EL-1 Describe exchange lists in simple terms.
- EL-2 Identify the exchange lists
- EL-3 Identify 2 or more foods in each exchange list.
- EL-4 Define one exchange.
- EL-5 Describe 2 or more benefits of using exchange lists to make healthy food choices.
- EL-GS State or write a personal plan for using exchange lists.

DMC-N-FS NUTRITION (SESSION 4: INTRODUCTION TO FOOD SHOPPING)

OUTCOME: *The individual/family will understand the basics of food shopping.*

STANDARDS

- FS-1 Identify 2 or more sources of food.
- FS-2 Identify 2 or more ways to choose healthy food when shopping.
- FS-3 Make a shopping list that includes healthy food choices.
- FS-4 Identify 2 or more ways to save money when buying healthy food.
- FS-GS State or write a personal plan for food shopping.

DMC-N-HC NUTRITION (SESSION 5: INTRODUCTION TO HEALTHY COOKING)

OUTCOME: *The individual/family will understand the basics of healthy food preparation.*

STANDARDS

- HC-1 Describe 2 or more ways to use less sugar in cooking.
- HC-2 Describe the use of sugar substitutes in cooking.
- HC-3 Describe 2 or more ways to use less fat in cooking.
- HC-4 Describe 2 or more ways to use less sodium in cooking.
- HC-5 State 2 or more ways to safely handle food during preparation and storage.
- HC-GS State or write a personal plan for cooking.

DMC-N-EA NUTRITION (SESSION 6: GUIDELINES FOR EATING AWAY FROM HOME)

OUTCOME: *The individual/family will understand the basics of healthy eating away from home.*

STANDARDS

- EA-1 Identify 2 or more things that can affect a person's