

Diabetes Programme Overview

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Overview of self-management and diabetes	•					
Nutrition/Healthy Eating	•	•	•	•		
Making an action plan	•	•	•	•	•	
Monitoring diabetes and blood glucose	•	•	•	•	•	•
Problem-solving		•	•	•	•	•
Feedback		•	•	•	•	•
Dealing with stress		•				
Preventing low blood glucose			•			
Preventing complications			•			
Making decisions			•			
Physical activity / exercise			•		•	
Difficult emotions				•		
Low-Mood and Depression					•	
Positive thinking					•	
Relaxation techniques					•	
Communication					•	
Sick days						•
Foot care						•
Medication						•
Working with your Healthcare Team						•
Looking Back and Planning for the Future						•

Out of Course Activity by Session

Session 1:

- On 2 days, one workday & one non-work day, monitor blood glucose once in AM before eating, once 2 hours after a meal and once after exercising. Write down all you eat on same 2 days, take note of what learned.
- Reading: Chapters 1, 2, 4, 10 and 14
- Keep track of your action plan.

Session 2:

- Keep track of what & when you eat 2 days, one weekday and one weekend day.
- We will be covering decision-making next time; think of something for which you need to make a decision and have it ready next week.
- Reading: Chapters 2, 4, 10
- Keep track of your action plan.

Session 3:

- Pay attention to labels of favourite foods; see if eating hidden fat and if saturated or non-saturated.
- Look at serving sizes on labels of foods; bring 1-2 labels next week and be prepared to tell what you have discovered.
- Reading: Chapters 2, 6, 7, 13 and 14
- Keep track of your action plan.

Session 4:

- Reading: Chapters 4, 6 and 10
- Reading food labels; try having smaller servings of foods high in carbohydrates and/or fats.
- Keep track your exercise each day.
- Keep track of your action plan.

Session 5:

- Pay attention to the types of thoughts have about yourself; try to replace negative ones with positive ones.
- Keep track of exercise one weekday and one weekend day; be prepared to share what learned.
- Monitor your blood glucose before and after eating and before and after exercise twice and be prepared to talk about it if you have seen any changes since you did this five weeks ago.
- Reading: Chapters 6, 8, 11, 14
- You may wish to write a letter to your GP about what you have accomplished. Alternatively write a letter to the Coordinator of the organisation providing the training. Tutors will provide the address. You don't have to post or show these letters but bring them with you next week for your own use in the sharing activity.
- Keep track of your action plan.

Session 6:

- Create and/or update a medication list and keep it current
- Reading: Chapters 13, 14 and 16
- Continue using your action plans as a support.