

Diabetes processes - Sugar Story

The sugar story has 5 parts:

- Sugar
- Insulin keys
- Insulin Resistance
- Type 1 - No insulin
- Type 2 – Insulin problems

Competencies

Are usually knowledge needed to understand what is happening or tasks which need to be done.

Assessment

In order to keep assessment as simple and straightforward as possible the “Show or tell” method is used.

In the assessment table each competency has a question.

To make an assessment you can ask the client the question then:

- listen to the client tell you the answer in their own words
- listen and watch the client tell you the answer using a resource
- watch the client demonstrate a task

You can then assess the competency:

- **Yes**, the client understands or is able to do what is required
- **Don't know**, if the client understands or is able to do what is required
- **No**, the client doesn't understand or isn't able to do what is required

If the client scores **Yes** you can move on to a new set of competences.

If the score is **Don't know** you should educate again with the same set of competencies.






If the score is **No** you will have to find competencies that the client can manage.

Side 1 of an assessment sheet (Use this with a client)

Client notes

Name:		Date:
Sugar story – Sugar		Rating & Notes
Your food is digested in the intestine	<i>Asked:</i>	
Sugar from your food goes into your blood. . .	<i>Asked:</i>	
Your blood takes the sugar everywhere in your body	<i>Asked:</i>	
Sugar goes into your muscle cells	<i>Asked:</i>	
Sugar is used as a fuel which powers your muscle cells	<i>Asked:</i>	

Side 2 of an assessment sheet (Use this as a reference)






Sugar story – Sugar example		
Your food is digested in the intestine Concept Level 	Ask: What happens to your food?	You can use sugar story talk sheet and sugar story cards. You can use life size cut outs of the organs which the client can place on their body
Sugar from your food goes into your blood. Concept Level 	Ask: Where does the sugar go after it is digested	You can use sugar story talk sheet, sugar story cards and the poster of the blood vessels connected to the intestine.
Your blood takes the sugar everywhere in your body Concept Level 	Ask: Tell me some of the places the sugar can go to?	You can prompt the client by pointing at different parts of the body.
Sugar goes into your muscle cells Concept Level 	Ask: What happens when the sugar gets to your cells?	You can use sugar story talk sheet, sugar story cards.
Sugar is used as a fuel which powers your muscle cells Concept Level 	Ask: What is the sugar used for?	You can ask what would happen if the muscle cells didn't work because there wasn't enough fuel.

Assessment rating

After doing the education assessment rate the client's overall understanding and ability to what is required.

- Y** **Yes**, the client understands or is able to do what is required
- ?** **Don't know**, if the client understands or is able to do what is required
- N** **No**, the client doesn't understand or isn't able to do what is required

Competencies for the sugar story

Sugar story competencies – Sugar	
Level 	Your food is digested in the intestine.
Level 	Sugar from your food goes into your blood.
Level 	Your blood takes the sugar everywhere in your body
Level 	Sugar goes into your muscle cells
Level 	Sugar is used as a fuel which powers your muscle cells



Level 1 – What **ALL** clients should understand or be able to do.






Level 2 – What it would be good if clients understood or were be able to do.

Level 3 – What clients could use to help them manage their condition.

Important concepts

Sugar is used as a fuel which powers your muscle cells

Sugar Story competencies – Insulin keys

<p>Level</p> 	Your pancreas makes insulin keys.
<p>Level</p> 	Insulin keys from your pancreas go into your blood.
<p>Level</p> 	Your blood takes the sugar the insulin keys to your muscles
<p>Level</p> 	The insulin keys unlock the muscle cells to let the sugar in.
<p>Level</p> 	Without insulin keys the muscles can't get the sugar fuel they need.



Level 1 – What **ALL** clients should understand or be able to do.









Level 2 – What it would be good if clients understood or were be able to do.



Level 3 – What clients could use to help them manage their condition.

Sugar Story competencies – Insulin resistance

Level 	Too much fat in your blood & around your pancreas can cause problems.
Level 	Fat can stop the insulin lock working properly.
Level 	The sugar finds it hard to get into the muscle cells and this can mean there isn't enough fuel for the muscle cells.
Level 	Having less fat in your blood helps the insulin locks work properly.
Level 	Insulin resistance is when the insulin keys are not working properly and is caused by too much fat.
Level 	Being active and eating right can reduce your insulin resistance. You may also need to take cholesterol medicine.



Level 1 – What **ALL** clients should understand or be able to do.









Level 2 – What it would be good if clients understood or were be able to do.



Level 3 – What clients could use to help them manage their condition.

Sugar Story competencies – No insulin

Level 	The pancreas doesn't make any insulin keys.
Level 	You have lots of sugar in your blood.
Level 	Without insulin the sugar can't get into your muscles or liver.
Level 	The insulin locks can't work and the sugar can't power your muscles.
Level 	This is what happens if you have Type 1 diabetes.
Level 	You will need to have insulin injections.



Level 1 – What **ALL** clients should understand or be able to do.









Level 2 – What it would be good if clients understood or were be able to do.



Level 3 – What clients could use to help them manage their condition.

Sugar Story competencies – Insulin problems

Level 	Your pancreas may not make enough insulin keys
Level 	Insulin resistance can stop insulin keys working properly.
Level 	Insulin resistance or not enough insulin keys make your blood sugar very high.
Level 	You should be active and eat right.
Level 	Insulin resistance & then not enough insulin keys happen when you have Type 2 diabetes.
Level 	You may have to take insulin tablets or have insulin injections.



Level 1 – What **ALL** clients should understand or be able to do.



Level 2 – What it would be good if clients understood or were be able to do.



Level 3 – What clients could use to help them manage their condition.

Resources

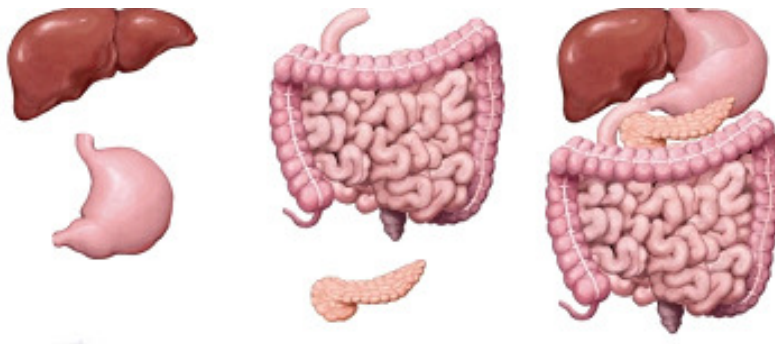
Below are resources which can be used to educate the client about “Sugar”

Talk posters, cards, handouts & wall posters

There are 4 sets of resources for:

- Men
- Women
- Boys
- Girls

Organ resource: Used to show the position of organs.

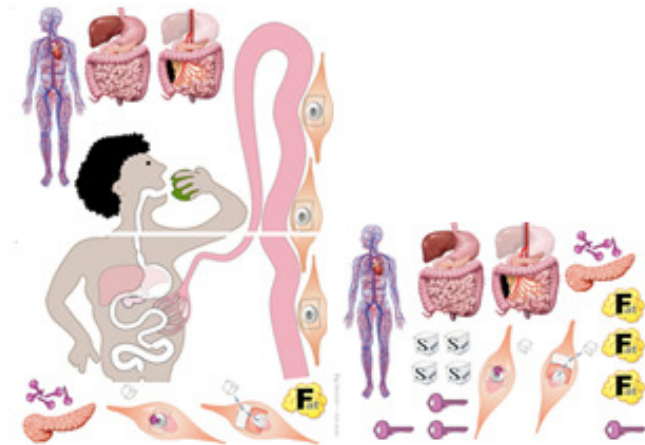


Talk Posters & sheets

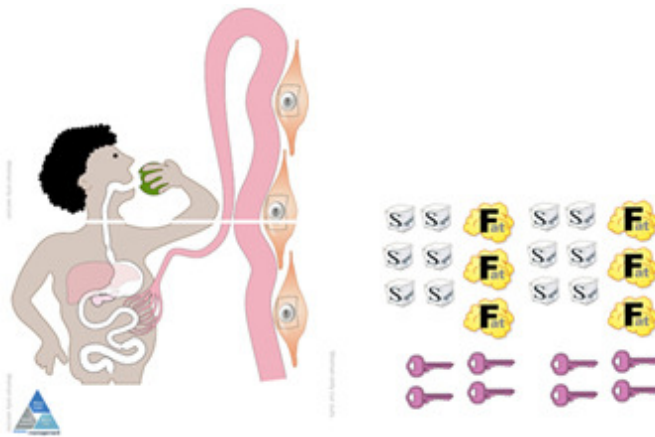
Back to back sheet



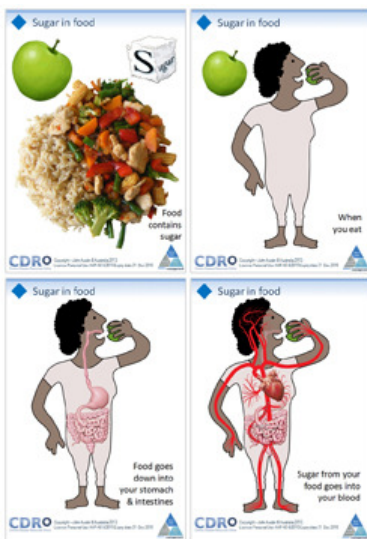
Big poster



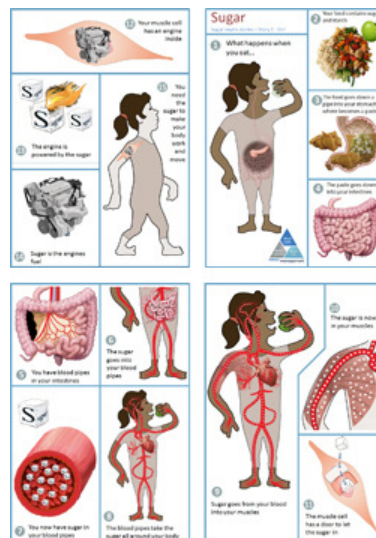
Person only



Talk cards



Handout



Wall poster



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