






Side 1 Assessment sheet (Use this with a client)

Client notes

Name:		Date:
Sugar story – Insulin resistance		Rating & Notes
Too much fat in your blood & around your pancreas can cause problems.	<i>Asked:</i>	
Fat can stop the insulin lock working properly . .	<i>Asked:</i>	
The sugar finds it hard to get into the muscle cells and this can mean there isn't enough fuel for the muscle cells.	<i>Asked:</i>	
Insulin resistance is when the insulin keys are not working properly and is caused by too much fat.	<i>Asked:</i>	
Being active and eating right can reduce your insulin resistance.	<i>Asked:</i>	

Side 2 Assessment sheet (Use this as a reference)

Sugar story – Insulin resistance example		
<p>Too much fat in your blood & around your pancreas can cause problems.</p> <p>Concept Level </p>	<p>Ask: Where is the fat which can cause problems?</p>	<p>You can use sugar story talk sheet and talk cards. You can use life size cut outs of the organs which the client can place on their body.</p>
<p>Fat can stop the insulin lock working properly</p> <p>Concept Level </p>	<p>Ask: If there is too much fat, what happens to the insulin locks?</p>	<p>You can use talk cards.</p>
<p>The sugar finds it hard to get into the muscle cells and this can mean there isn't enough fuel for the muscle cells.</p> <p>Concept Level </p>	<p>Ask: What happens if the sugar can't get into your muscles?</p>	<p>You can use talk cards.</p>
<p>Having less fat in your blood helps the insulin locks work properly.</p> <p>Concept Level </p>	<p>Ask: What happens when you have less fat in your blood and around your pancreas?</p>	<p>You can use talk cards.</p>
<p>Insulin resistance is when the insulin keys are not working properly and is caused by too much fat.</p> <p>Concept Level </p>	<p>Ask: What is insulin resistance?</p>	<p>You can use talk cards.</p>

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

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