Note to Instructors:

YOU SHOULD HAVE ENOUGH COPIES OF THE QUIZ AND THE HOMEWORK TO PASS OUT TO EACH STUDENT. Be sure to use the NOTES view in Powerpoint for what to cover during class. It is important to cover ALL of the class content during your one hour for this class. Using a stopwatch or timer facilitates good pacing.

GOALS: Teach high school students
• Chronic disease coaching skills focusing on the “action plan” and
• Diabetes content knowledge.

Today's class consists of:
• **Quick Quiz (5 min):** Students begin by taking a quiz. This is NOT intended to test their knowledge, rather it is to pique their interest. No need to collect.
• **Welcome and Introductions (10 min):** Instructors explain purpose of class and course expectations.
• **Lesson: Diabetes Knowledge (20 minutes)** – go quickly!
• **Lesson: Diabetes Coaching skills (20 minutes).**
• **Coaching Assignment Expectations (5 min):** The coaching assignment is meant to facilitate a discussion between the student diabetes coach and his/her team member.
Welcome to the first session of the Stanford Youth Diabetes Coaches’ Program. I am Dr. ____________ and I am a family doctor who sees patients at the ______ training program. (part of the “power” of the program is that teens love having direct contact to a “real” doctor)

Taking a pretest before the program and taking another test after you complete the program helps us understand how good the program is at teaching you.

Don’t worry, there’s no grade attached to this.
Quiz Instructions:

• *Quizzes should be handed out at the beginning of every class.*

• *It is ok if they do not know the answers, but you would like them to make their best guesses.*

• *We will discuss the answers later on in class.*
We want to make the most of our time together. I am here because I know that we can work together to train you to help your family adopt healthy habits.

In order for you to get the most out of class please

TURN OFF YOUR CELL PHONES AND PAGERS

• Arrive on time.
• Do not miss class.
• Listen carefully
• Complete your assignments
• Meet with your team member once per week.
• Be respectful of others
• Maintain confidentiality, what’s said in the room stays in the room.
• Ask questions!!
What is the Stanford Youth Diabetes Coaches Program?

- YOU help someone you care about live a healthier life.
- A doctor comes to you once a week for 8 weeks.
- The doctor teaches YOU how to coach someone to become healthier.
- You coach your partner once a week.

The way the program works is that doctors that work with me are going to come to your classroom to train you to become diabetes coaches.

The doctors will arrive once a week for 8 weeks – today is the first session- and will teach you about how we as doctors talk to patients and about things you need to know to be healthy.

You need to find one person to coach, and talk to that person every week, to help them live a healthier life.
Please ask all students to stand up and count off by fours: 1, 2, 3, 4, 1, 2, 3, 4....etc.

If you are a number 1, please stay standing and everyone else can sit down.

The students left standing represent the statistic that almost one in four teens in the United States has pre-diabetes or diabetes.
• All of you who are still standing represent the one in every four American teenagers who has pre-diabetes or diabetes.

• Diabetes is a very big problem in our country, and more and more people are getting the illness. There are approximately 26 million people in the US who have diabetes right now.

• We’re going to teach you about how you can coach your family and friends to help them avoid this problem.
Role Play:

2 student volunteers stand:

Student: “Uncle, I am supposed to talk to you about diabetes for my class at school. Do you have time?”

Uncle: “I don’t know why you are so worried about my diabetes. I don’t think it’s a big deal.”

Student: “Well, diabetes can cause a lot of bad problems with your health. I care about you, so I don’t want that to happen to you.”

Uncle: “What kind of bad problems?”

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Role play (even if you think awkward, PLEASE DO THIS, our pilot studies validated teens find value in this):

Ask for 2 volunteers to stand in place. If no volunteers, choose two.

Have them read the script, one is “student”, one is “uncle”
Pair and Share: (more interaction is better BUT pay attention to time, you should be 10 minutes into class)

• Now we are going to do a pair and share.
• Find a partner sitting next to you
• Each of you name at least one bad problem that can happen because of diabetes.
• You will have 30 seconds to discuss with your partner, then I will call on each group to share your discussion with the class.
• Don’t worry if you don’t know, this is just class number one.

(Brief discussion of what complications people have identified, this is just to raise awareness that uncontrolled diabetes can be very bad)
**The Good News About Diabetes**

By keeping blood sugars in a normal range, people with diabetes can:

- prevent the bad complications of diabetes
- lead a normal, productive life
- live a long life

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**Main teaching point:** *Uncontrolled diabetes is bad, controlled blood sugars can enable someone with diabetes to lead a healthy life.*

- Persons with prediabetes who control their blood sugars may never go on to develop full blown diabetes.

- Every one has the power inside of them to keep their sugars in a healthy range.

- Diabetes coaches help people learn how to do this.
Today we will be talking about
• the basics of diabetes
• what you will be doing as a diabetes coach
Instructors may need to point at each student in turn and ask for this introduction, as students may be shy or hesitant on the first day.

TIP: On sheet of paper, write down student names in diagram corresponding to seats so you can call on students by name. USING STUDENT NAMES IS KEY TO ENGAGEMENT!
In class today, we will learn
• what diabetes is
• what blood sugar is
• how to check blood sugar.

We will also learn
• what a diabetes coach is
• how you can schedule a time to meet with your team member
Let’s begin by talking about what diabetes is. Diabetes is a chronic illness where too much sugar accumulates in the blood.
Does anyone know how you get diabetes? *Pause for student response, then move forward to display answers.*

**Teaching point:** Although we cannot control our genetics, we can make lifestyle choices to control our weight and physical activity levels. *That’s what we as doctors try to help our patients to do and that’s what you’ll learn how to do as diabetes coaches.*

*(Continue making comparison between what you do as a doctor to coach your patients and what students can do.)*
Why does too much sugar get into the blood?

Diabetes happens when sugar from food we eat cannot get into cells of our body.

Sugar stays in the blood causing high blood sugar and lots of complications.

The next slides will explain, wait until you go on to them to give more discussion.

• To understand what happens to someone with diabetes, we have to understand how it is that too much sugar gets into the blood.

• Diabetes happens when sugar from the food we eat cannot get into the cells of our body.

• Instead of going into the cells of our body and giving those cells energy, the sugar stays in the blood, causing high blood sugar and over time, lots of complications.
Why is high blood sugar a problem?

- Damages blood vessels
- Increases risk of
  - heart disease
  - stroke
  - kidney disease
  - vision problems
  - nerve problems

- Over time, having high blood sugar can cause complications in the body.

- The extra sugar in the blood damages the blood vessels of the body and can lead to lots of problems, including heart disease and stroke, kidney disease, vision problems, and nerve problems.
• How does normal blood sugar work in someone who does not have diabetes?
• Much of the food we eat gets changed into glucose, a sugar, which goes into our blood. We need this glucose for energy.
• Before our body can use glucose for energy, however, glucose must enter our cells. Glucose enters cells with the help of insulin.
• **Glucose in our bodies = Gasoline in a car.**
• Having a tank full of gas will not make a car go on its own. We need a key to turn the motor on so that the energy provided by the gas can be used.
• The **key** that allows the glucose to enter the cells to produce energy and make our bodies “go” = **INSULIN.**
NO Insulin or NOT ENOUGH insulin means NO key to make the glucose go into our cells. The glucose or sugar stays in our blood.

When someone with diabetes eats food, sugar from the food goes into the blood, but it cannot get into the cells. Diabetes happens when we do not have enough insulin or when the insulin does not work well enough for glucose to enter our cells.
Insulin is very important in diabetes.
- Insulin is a hormone produced in the pancreas, a small gland located below and behind the stomach.
- Insulin is necessary for the body to function properly and has several functions including helping cells to take up sugar (glucose) so the body can use it as energy.
- Sometimes people can’t make insulin in their bodies. Then insulin can be injected as a medicine. This also can be done for people who don’t make enough insulin to meet their blood sugar processing needs.
• In Type 1 diabetes, the person’s body does not produce insulin, so the person must inject insulin every day.

• In Type 2 diabetes, insulin is produced but does not work properly. The majority of people with Type 2 diabetes may be able to manage their diabetes with diet and exercise and/or oral medications. Sometimes people with type 2 diabetes may need to inject insulin as well.

• Gestational diabetes develops in some women while they are pregnant. Many times this diabetes will go away after pregnancy, and other times it does not, meaning that the woman will then have Type 2 diabetes.
• Many people with type 2 diabetes have no signs or symptoms of diabetes. The only way for them to know they have diabetes is to get a blood test at the doctor’s office.

• Other people may have some of the following signs and symptoms of diabetes: frequent urination, unusual thirst, extreme hunger, unusual weight loss, extreme fatigue and irritability, frequent infections, blurred vision, and tingling or numbness of the hands or feet.
How Can You Check Blood Sugar?

- **At Home**
  - Using glucose meter
  - *Sugar level right now* like a “pop quiz”

- **At the Doctor’s Office**
  - Blood test
  - *Hemoglobin A1C*
  - *Average sugar level over past two to three months* like a “semester grade”

One important step in managing diabetes is checking blood sugar. There are two ways to check blood sugar: 1) at home, using a glucose meter, and 2) at the doctor’s office by getting a blood test.
• People with diabetes can check their blood sugar levels at home using a glucose meter.
• They put a drop of blood on a test strip and place the strip in the glucose meter to get a blood sugar reading.
• It is important that they write down the blood sugar readings they get to keep track of how they are doing.

*Note: If possible bring glucose meter demo to use on self.*
The goal for people with diabetes is to keep their blood sugar within a normal range. The normal range changes throughout the day.

- Before meals, blood glucose for people with diabetes should be between 90 and 130. Two hours after meals, blood sugar should be less than 180.

- Blood sugar below 80 is too low.

- Blood sugar above 180 is too high.
Another important test of blood sugar is called the Hemoglobin A1C.
Hemoglobin A1C is a blood test done at the doctor’s office that measures average blood sugar for the past 2-3 months.
Hemoglobin A1C is like the final grade that is the average of all the blood sugar tests in the last 2-3 months.
For someone with diabetes, the goal for Hemoglobin A1C is less than or equal to eight percent.
A good A1C means less risk of complications from diabetes.
Teaching point: Raise awareness of students that individuals have power over their blood sugar.

Time check: You should have about 20 minutes left in class. If running late, just ask individuals to offer ideas and move on without doing pair and share.
Keeping blood sugar in a normal range requires balancing all the things that can make it go up or down.

In this course, we will talk more about each of these topics.
Quick Quiz Review: part 1

1. What is diabetes?
   a) a chronic illness in which a person has high blood pressure
   b) a chronic illness in which a person has low blood pressure
   c) a chronic illness where too much salt accumulates in the blood
   d) a chronic illness where too much sugar accumulates in the blood

2. The three main forms of diabetes are:
   a) Type 1, Type 2, and Gestational
   b) Type A, Type B, and Type C
   c) High, Low, and Medium
   d) Genetic, Environmental, and Hormonal

3. Insulin is:
   a) a hormone produced in the pancreas
   b) a medicine that can be injected to treat diabetes
   c) necessary for the body to function properly
   d) all of the above

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SHOULD HAVE 20 MINUTES LEFT

Quiz Review: See Quick Quiz #1 at beginning of lesson.
Paraphrase the following: “Now let’s check our quiz answers.”

TWO options:
If running behind, ask the class collectively what the right answers are to each.

If on time, then ask individuals to provide right answer.
Remember to thank each even if not right answer.
Quick Quiz Review: part 2

4. What is an acceptable range for blood sugar before meals?
   a) 50 - 80 mg/dl
   b) 90 – 130 mg/dl
   c) 160 – 200 mg/dl
   d) 230 – 270 mg/dl

5. By managing diabetes well and keeping blood sugars in a normal range (not too high or too low), people with diabetes can:
   a) prevent many of the bad complications of diabetes
   b) lead a normal, productive life
   c) live a long life
   d) all of the above

Raise your hand if this information was new for you!

NOTE: If few or no one raises hand, please communicate this to the rest of the physicians who will be coming to teach so that they can make content more sophisticated through their comments about slides.
The goal of a diabetes coach is to help someone with diabetes manage their blood sugar and lead the best life they can with diabetes.
Raise your hand if you’ve had a coach when...

- you played a sport?
- someone tutored you?
- a family member or friend listened to you when you had a problem and supported you while you figured things out?

Teaching Goal: Get students to think about role of a coach as it relates to personal experiences they have had.

Please raise your hand if you’ve ever had a coach when:
- You played a sport?
- Someone tutored you?
- A family member or friend listened to you when you had a problem and supported you while you figured things out?
• Listen carefully and ask questions to find out how your team member is feeling and what obstacles they are facing.
• Encourage your team members to make positive changes in their lives, and most importantly, encourage them to keep trying even if things don’t work out well the first time.
• Be patient. It’s unrealistic to expect individuals to change their habits overnight. First, they need to understand the benefits of the new habit. Then, they need to learn what exactly they need to do. They also need to overcome barriers for making the change. It takes time and requires a lot of patience.
• **Always remember that each of us is an expert in how we live our lives.** As doctors, we have to remember that our patients each have more knowledge about the challenges and opportunities they face than we do. **Respect the wisdom each person has inside of them.** You are a coach but not the expert.
Who Will You Coach?

Family Member or Friend Who:
• has diabetes
  OR
• would like to know more about being healthy

• You must find someone you can coach.

• The person you coach must agree to meet with you once a week to work on a brief coaching assignment.

• Could be a family member or friend you could meet with in person or by phone.

• The person you coach could be someone who has diabetes OR anyone who would like to know more about being healthy. If you know someone with diabetes, that would be the best person to coach.

If you don’t know someone with diabetes, just find a person in your family or a friend who wants to be healthier.
Before class next week:

Find a person to coach!

Make sure you have found someone to coach before class next week!
• Even if you live with the person you are coaching, you must **make a specific appointment time** to meet.

• If you do not arrange a specific time to meet, the chances are it will not happen.

• By setting an appointment to meet, you are telling your team members that helping them is important to you.”
Scheduling a meeting time:
ROLE PLAY: 2 volunteers stand up in place:

**Diabetes Coach:** “For my diabetes class, I want to set a regular time for us to talk each week for about 30 minutes. Is there a day and time that we could meet?”

**Team Member:** “We can just meet whenever we have time.”

**Diabetes Coach:** “Well, the doctors who teach the class say it is better to set a specific time so we will remember to do it. How about after dinner on Wednesdays?”

**Team Member:** “Sure. That would be fine.”

**Diabetes Coach:** “Ok. Can we plan to meet in the kitchen and talk after dinner on Wednesdays?”

**Team Member:** “Ok. Just remind me.”

**TIME CHECK: 10 MINUTES LEFT**

Instructors ask for student volunteers to act out the above role play in front of the class. Choose one student to be the diabetes coach and one to be the team member. If only one student volunteers, you can play one of the roles.
When you schedule your time to meet with your team member, please be specific. Decide what day you will meet, what time of day, and where the meeting will take place. If you are talking to your team member over the phone, you still need to schedule when the phone call will take place and make sure you know the best number to call. When scheduling the time with your team member, try to pick a time when there will not be a lot of distractions and you will both be able to focus on your conversation. Also, it is helpful to remind your team member beforehand – possibly the day before or a few hours before - about your scheduled meeting time.
Pair and Share: “What would you say next?”

**Diabetes Coach:** “For my diabetes class, I want to set a time for us to talk each week.

**Team Member:** “Well, we can just meet whenever we have time. I’m too busy to set up a regular time.”

**Diabetes Coach:** “The doctors who teach the class say it is better to set a specific time so we remember to do it.”

**Team Member:** “I’m not sure. Why do we have to do this?”

**Diabetes Coach:** "????????????????????

• Partners Discuss – 30 seconds
• One partner shares with the class

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**VERY IMPORTANT TO DO THIS LAST PAIR AND SHARE.**

*Teaching point: have students anticipate resistance and come up with ideas for how to overcome.*

*Can just have one or two volunteer ideas if short on time.*
Pass out coaching assignment to students. Please make sure to leave time for this coaching assignment explanation and give students an opportunity to look over the coaching assignment and ask questions about it.
• For our first coaching assignment, we want you to talk with your team member and set a specific time to meet each week.

• The time you arrange will be your appointment to talk and complete the coaching assignments.

• Also, make sure you explain what a diabetes coach is and ask if your team member has any questions about the program.

• Does anyone have any questions about the coaching assignment?
What did we learn today?

1) What is diabetes?
2) What is blood sugar?
3) How can you check blood sugar?
4) What is a diabetes coach?
5) Scheduling a time to meet

Any Questions?

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Please let them know whether or not you will be returning next week or whether one of your colleagues will be taking over for the next class.

I’ll look forward to seeing how you do on your first coaching assignment. See you next week.

OR

You have been a great class. I’ll be sure to tell Dr. __________, who will be teaching you next week how smart your all are. Please show him/her the same level of attention and respect that you have shown me today.

NO need to collect quizzes, these are for the students to keep for their own information.

If you are able, please stay after class to chat with any students.