

Introduction to Type II Diabetes Curriculum

Realityworks[®]
Live it. Learn it.[™]
...an employee-owned company

Table of Contents

Table of Contents.....	3
About the Author	4
Lesson Structure	5
Curriculum Structure	6
Lesson One - Introduction to Type II Diabetes	7
FOCUS: Diabetic Retinopathy Simulation Experience and Pre-test.....	8
LEARN: Introduction to Type II Diabetes Slide Presentation	10
REVIEW: Post-test.....	13
Sources.....	16

Lesson One - Introduction to Type II Diabetes

FOCUS: Diabetic Retinopathy Simulation Experience and Pre-test

20 minutes

Purpose:

To help participants develop awareness of diabetic retinopathy and current knowledge of diabetes.

Materials:

- Diabetic Retinopathy Simulation Glasses
- Props for simulation exercise tasks: book, button down shirt, pill bottle, phone, pen and paper
- *Introduction to Type II Diabetes Pre-test*

Facilitation Steps:

Part 1: Diabetic Retinopathy Simulation Experience

1. Share this information with the participants:
 - a. Diabetic retinopathy is the most common diabetes related eye condition. Diabetes affects the blood vessels in the retina of the eye. The blood vessels leak and cause visual distortion. If not treated early, it can cause blindness.
 - b. The Centers of Disease Control predicts the number of Americans with diabetic retinopathy will increase from 7.7 million to 14.6 million by 2050.
2. Divide the class into groups. Give each of the small groups diabetic retinopathy simulation glasses. In their small groups, participants will each try on the simulation glasses and do some of the following tasks:

- a. Read a page out of a book
- b. Button a shirt
- c. Open a pill bottle
- d. Dial a phone
- e. Write a grocery list

3. You can also add some of your own ideas for visual impairment while performing tasks.
4. Instruct the participants to reflect on the experience. Ask how they felt during the tasks and how diabetic retinopathy would impact daily tasks.

Part 2: Pre-test

5. Give each participant the *Introduction to Type II Diabetes Pre-test*.
6. Have participants complete the quiz by filling in the blanks.
7. After participants have completed the *Pre-test*, have them keep it to use as a reference during the slide presentation and to compare at the end of the lesson to their *Introduction to Type II Diabetes Post-test* answers.

Name: _____ Class: _____

Introduction to Type II Diabetes Pre-test

1. Approximately how many million people have diabetes in the United States? _____.
2. Name one risk factor for Type II Diabetes: _____
3. What is the name of the disease caused by changes in the retina? _____
4. Hardening and narrowing of the arteries can lead coronary artery disease and _____.
5. Adults with diabetes are _____ to _____ times more likely than people without diabetes to die of heart disease.
6. Chronic kidney disease is a change in the kidney that reduces kidney function and leads to _____.
7. _____ damage in the feet, along with poor blood flow due to vascular changes, increases the risk of foot complications.