

Diabetes and Me: What is Diabetes? for SAs

Presented by:
Kepto SW PA Health Care Quality Unit
(Kepto HCQU)

April 2020

Disclaimer

Information or education provided by the KEPRO HCQU is not intended to replace medical advice from the individual's personal care physician, existing facility policy, or federal, state, and local regulations/codes within the agency jurisdiction. The information provided is not all inclusive of the topic presented.

Objectives

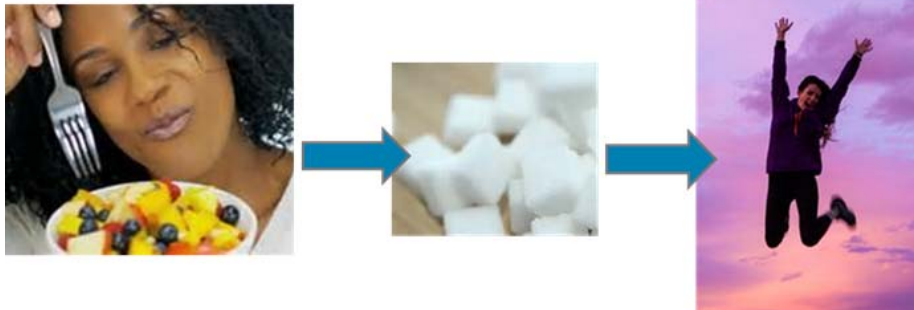
This training will help you to understand:

- ❖ Diabetes
- ❖ How it affects the body
- ❖ The signs and symptoms of high and low blood sugar levels

Food Gives the Body Energy

Our bodies need energy to move, just like a car needs gas to move. Energy for your body comes from the food you eat.

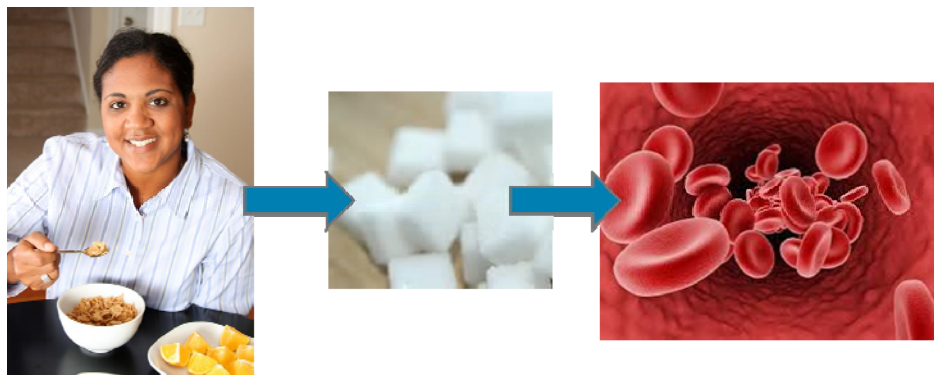
Sugar from the food you eat goes into your blood. Blood takes the sugar to your body parts, like your heart, brain, lungs, and muscles. Insulin helps the sugar get into the cells of your body parts. When each of your body parts has the energy it needs, you can work, play, and move throughout the day.



What is Diabetes?

The sugar from the food you eat has to get into the cells of your body parts (your muscles, heart, lungs, and brain) to give them energy.

Diabetes is a condition where that sugar stays in your blood instead of going to the cells of your body parts. Too much sugar in the blood can cause you to feel tired, and can affect how well your body works.



What is Diabetes? (continued)

It is important to remember:

- ❖ You did not do anything to cause this to happen.
- ❖ Following the advice of your doctor can help you to stay healthy and happy, and have enough energy to do the things you like and need to do.

Signs of High Blood Sugar

Your body gets most of the energy it needs from sugar, but too much sugar is not good for your body.

If you have diabetes and eat foods with too much sugar in them, you might get high blood sugar.

Signs of High Blood Sugar (continued)

When you have **HIGH** blood sugar and there is too much sugar in your blood, you might feel really:

Thirsty



Signs of High Blood Sugar (continued)

When you have **HIGH** blood sugar, you might feel:

A need to urinate or pee a lot

When there is too much sugar in your blood, your body will get rid of the extra sugar in your pee.



Signs of High Blood Sugar (continued)

When you have **HIGH** blood sugar, you might feel:

Tired

Even though sugar gives your body energy, too much sugar in your blood can make you feel very tired.



Signs of Low Blood Sugar

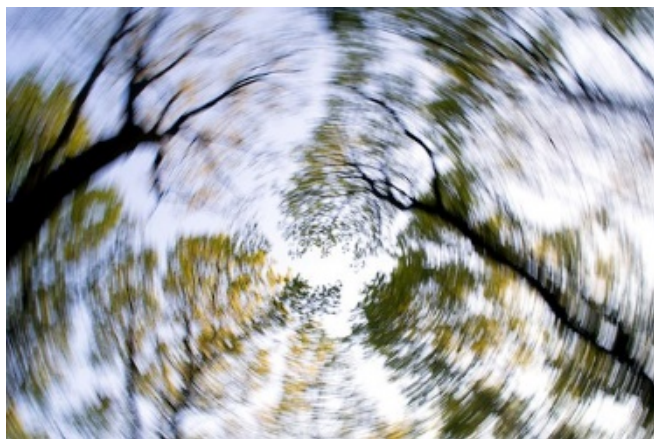
Low blood sugar is when there is not enough sugar in your blood. Your body needs sugar to work well.

If you do not eat the right amounts of the right kinds of foods, your blood might not have enough sugar for all your body parts.

Signs of Low Blood Sugar (continued)

When you have **LOW** blood sugar, you might feel:

Dizzy or Shaky



Signs of Low Blood Sugar (continued)

When you have **LOW** blood sugar, you might feel:

Sweaty



Signs of Low Blood Sugar (continued)

When you have **LOW** blood sugar, you might feel:

Tired and Grumpy



Signs of Low Blood Sugar (continued)

When you have **LOW** blood sugar, you might feel:

Hungry



Signs of Low Blood Sugar (continued)

When you have **LOW** blood sugar, you might have a:

Headache



Tell Someone

When you do not feel well, you should tell
whoever you are with
that you do not feel well.

Tell Someone (continued)

When you think your blood sugar level might be high or
low,
or you feel different or sick, you might tell a:

Family Member

If you are with a family member when you don't feel
well, you could tell them.



Tell Someone (continued)

When you think your blood sugar level might be high or low,
or you feel different or sick, you might tell a:

Caregiver

If you are with a caregiver, you should tell the person how you feel.



Tell Someone (continued)

When you think your blood sugar level might be high or low,
or you feel different or sick, you might tell a:

Friend

If you are visiting a friend when you don't feel well, you could tell that person, and that person's family, if you are at their house.



Tell Someone (continued)

When you think your blood sugar level might be high or low,
or you feel different or sick, you might tell:

Your Boss

If you are at work and you have the signs of high or low blood sugar we talked about, you can tell your boss how you are feeling.



Talk to the Doctor for Help

The doctor will tell you what to do to keep the right amount of sugar in your blood so that it is not too high and not too low.

The 3 most important ways to keep healthy when you have diabetes are:

1. **Eat healthy foods**
2. **Be active**
3. **Take medicine, if prescribed by doctor**



Healthy Foods

The doctor will tell you the best kind of foods to eat to keep the right amount of sugar in your blood.

- ❖ You will learn about foods that are **healthy** for you to eat and you may eat these foods often. Healthy foods include fruits and vegetables. Foods like blueberries, bananas and carrots are examples of healthy foods.
- ❖ You will learn about foods that are **not healthy** for you to eat; you should eat these in small amounts and not every day. Foods that have a lot of sugar in them are not healthy for you; you should eat these in small amounts. Foods like bread and potatoes do not taste sugary, but the body changes those foods into sugar. These foods will put a lot of sugar into your blood. They are not healthy for you.

Healthy Foods (continued)

It is a good idea to eat at the same time every day to keep your blood sugar and your energy the same every day.



Healthy Foods (continued)

These are healthy foods. They are healthier to eat than cookies, candy, hot dogs or a large plate of spaghetti.



Be Active

Moving your body helps your body move sugar out of the blood and into the cells to give your body the energy it needs. The doctor can help you learn what type of activity is best for you. Tell the doctor the kinds of activities you like to do. Being active almost every day helps keep your blood sugar at a healthy level. It helps keep your whole body strong and healthy. What do you like to do to be active?



Medicine

The doctor might tell you that you need to take medicine to control your diabetes. This kind of medicine helps move the sugar out of your blood and into the cells of your body. The medicine might be a pill or it might be a shot. Your doctor will know which medicine is best for you.



Doctors

People with diabetes need to take special care of their bodies. The main doctor will have you visit other doctors, called **specialists**. These doctors know more about certain areas of the body.

Doctors (continued)

One specialist you might see is a:

Foot Doctor

It is important to take care of your feet. Too much sugar in your blood can affect your feet and toes. Diabetes can make it harder for your toes and feet to get enough blood to keep them healthy. The foot doctor will check your feet, trim your toenails, and help you keep your feet healthy.



Doctors (continued)

Another kind of specialist you might see is an:

Eye Doctor

Too much sugar in your blood can damage or hurt the tiny blood vessels in your eyes and change the way your eyes see. The eye doctor will check your eyes to make sure they are healthy.



Doctors (continued)

Here is another specialist you might see:

Dentist

People with diabetes sometimes have more cavities and infections in their gums than people without diabetes. It is important to keep your teeth and gums clean and to see a dentist two times a year.



Diabetes and You

Remember, it is important to see your regular doctor and special doctors when you have diabetes. You and your doctors will work together to help you stay healthy.

It is not your fault that you have diabetes. It is not your doctor's fault, either.

Millions of people have diabetes. You are not alone.

Diabetes does not go away, but you can control diabetes. **You** are in charge. If you follow your doctors' orders and do what you need to do to stay healthy, you can be well with diabetes.



Related Training Topics

The HCQU also has these trainings to help you with your diabetes:

- ❖ Diabetes and Me: Healthy Eating
- ❖ Diabetes and Me: Taking Care of My Body
- ❖ Diabetes and Me: Taking My Medications

References

Diabetes UK. (2017, August 8). What to do when you have Type 2 diabetes - An easy read guide. Retrieved April 22, 2020, from

https://diabetes-resources-production.s3.eu-west-1.amazonaws.com/resources-s3/2018-04/What%20to%20do%20when%20you%20have%20diabetes%20-%20An%20easy%20read%20guide_0.pdf

Nemours Foundation. (2016, September). When Blood Sugar Is Too High. Retrieved on April 22, 2020 from

<https://kidshealth.org/en/kids/high-blood-sugar.html?WT.ac=k-ra>

Nemours Foundation. (2016, September). When Blood Sugar is Too Low. Retrieved on April 22, 2020 from

<https://kidshealth.org/en/kids/low-blood-sugar.html?WT.ac=k-ra>

What Did I Learn?

You learned a lot about Diabetes today!



Let's practice what we learned...

Practice what you learned.

1. Circle the right answer. Gary has diabetes and wants to take care of his body to stay healthy. Which of these would be a HEALTHY snack for Gary to eat?

a. Chocolate Candy



b. Apple



Practice what you learned.

2. Circle the right answer. Gary wants to keep the right amount of sugar in his blood to stay healthy. His doctor told him that he should try to be active almost every day. Which picture shows a better way to be active?

a. Playing Bingo



b. Dancing



Practice what you learned.

3. Circle the right answer. Could sweating, feeling shaky, feeling dizzy and having a headache be signs that Gary's blood sugar is too low?



a. Yes

b. No

Practice what you learned.

4. Circle the right answer. Who should Gary tell when he is having signs of low blood sugar like sweating, feeling shaky, feeling dizzy, or having a headache?

a. Whoever he is with



b. No one



Practice what you learned.

5. Circle the right answer. Gary needs to take special care of certain parts of his body. Which of these body parts should get special care?

a. Feet



b. Elbow



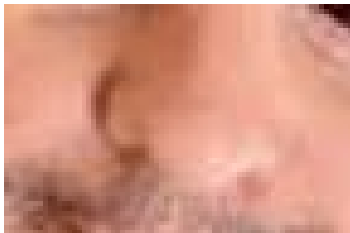
Practice what you learned.

6. Circle the right answer. Gary needs to take special care of certain parts of his body. Which of these body parts should get special care?

a. Eyes



b. Nose



Practice what you learned.

7. Gary needs to take special care of certain parts of his body. Which of these body parts should get special care?

a. Teeth



b. Mouth



You Are Done!

You have finished the training!