

POSITIVE PATTERNS FOR LIFE

Diabetes Self-Management Topics of Interest Form

This is a list of the 8 primary content areas offered during this program. You will find a break out of topics listed under each content area. Please checkmark in front of content areas and topics that you would like included in your Diabetes Self-Management Education Plan.

I am interested in learning about the following content areas and topics:

___ **Introduction to Diabetes and Prediabetes**

- What is happening in my body

___ **Healthy Eating**

- Healthy eating: facts versus fiction
- Goals for healthy eating and meal planning
- Food and nutrition groups
- Reading food labels

___ **Being Active**

- Benefits of physical activity
- Lifestyle approach to increasing activity – first steps for inactive people
- Recommended types of physical activity for people with diabetes or prediabetes
- Physical activity and safety issues
- Special considerations (i.e. heart disease, hypertension, neuropathy, kidney disease)

___ **Taking Medication**

- Oral diabetes medications
- Injected diabetes medications

___ **Monitoring**

- There's more to monitoring than checking blood glucose
- Target blood glucose levels
- General guidelines for monitoring
- Long-term monitoring to prevent complications

___ **Problem Solving**

- Problem solving skills
- Hypoglycemia management
- Hyperglycemia management
- Sick day management and guidelines

___ **Health Coping**

- Depression and anxiety
- Stress management skill – managing stress

___ **Reducing Risks**

- Reducing risks to prevent diabetes complications
- Cardiovascular health
- Kidney health – reducing your risk
- Eye health – eye exam versus diabetic eye exam
- Nerve health
- Sleep health
- Dental health – reducing your risk
- Skin health – reduce risk for skin problems

NAME _____

DATE: _____