

Class Eight

Diabetes Care Schedule and Staying Connected



Objectives

In this class, you will:

- Discuss a “Checklist of Daily Habits” for maintaining good health and preventing diabetes complications!
- Reflect on how your resilience helps you adhere to the checklist of daily habits
- Go over a diabetes care plan (every 3 months, 6 months, year) for meeting with your health care provider; track your health care records on your “My Diabetes Care Record” card
- Review “Special Topics” (driving with diabetes, traveling with diabetes, sick days with diabetes, when to call the doctor, alcohol and diabetes) that are an important part of diabetes care
- Confirm and save the calendar dates for our eight Support Group Sessions

Putting it All Together

The past seven classes have presented a lot of information important for maintaining good health and preventing diabetes complications! Most of the information has centered on diabetes self-care habits and routine check-ups with your health care provider. We also focused on your resilience – your resolve to rise up and try again in the face of adversity. Your resilience resources (*Internal*, e.g., self-confidence; *External*, e.g., social support; and *Existential*, e.g., spiritual coping) are a critical component of your diabetes care, personal growth, and overall well-being.

In this lesson, we review your daily diabetes self-care activities and 3-month, 6-month, and yearly diabetes check-up schedule with your health care provider. We also go over special topics including driving with diabetes, traveling with diabetes, sick days with diabetes, when to call the doctor, and alcohol and diabetes.

Daily Diabetes Self-Care: “Tiny Habits” Powered by Resilience = Success!

The importance of developing good habits has stood the test of time; new habits can be learned and bad habits can be unlearned! **Good habits repeatedly done become automatic**, like putting on your seatbelt, flossing your teeth, or more recently, wearing a face covering!

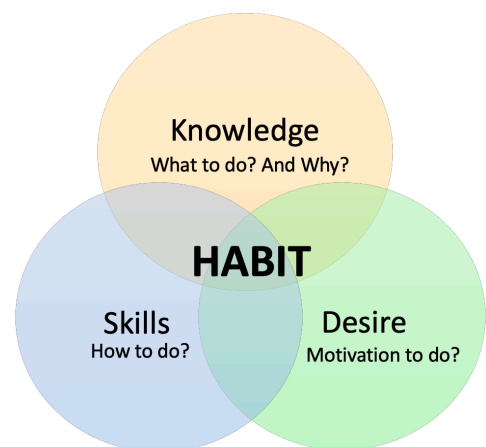
“We are what we repeatedly do. Excellence then, is not an act but a habit.” Aristotle



“All our life... is but a mass of habits... the great thing then is to make automatic and habitual, as early as possible, as many useful actions as we can.” William James

“Habit is the intersection of Knowledge (what to do and why), Skill (how to do), and Desire (want or motivation to do).”

TO BECOME A HABIT, YOU NEED ALL THREE!!



Source: The Seven Habits of Highly Effective People

Think about it...

TRUE or FALSE?

Our daily habits add up to have a big impact on our health.

We know how to prevent diabetes complications.

We must apply the knowledge we have to prevent diabetes complications.

We can use our resilience resources to rise up when we struggle and begin again.

Tiny Habits: Small Changes That Change Everything

B.J. Fogg, Stanford University. Professor Fogg compares growing a plant to forming a new habit. It all starts with a tiny seed or sprout. Check out the steps below and then let's practice:



Growing a Plant

1. Start with a tiny seed or sprout
2. Find a good spot for it in garden (proper soil, sunlight)
3. Nourish the tiny plant so the roots get established

Forming (Growing) a New Habit

1. Start with a tiny behavior
2. Find a good spot for it in your daily routine
3. Nourish the tiny behavior so it becomes automatic

A FEW KEY POINTS

- ✓ Choose a tiny behavior that doesn't take much motivation OR skill.
- ✓ Choose a tiny behavior that you really want to do!
- ✓ Be sure to think about where the new tiny behavior goes in your daily routine.
- ✓ Repeat the tiny behavior until it becomes automatic (habit) – like putting on your seat belt!

The next page has a list of **daily habits** critical for good diabetes management to prevent diabetes complications. In our last class we talked about the process of setting 'SMART' goals. Let's reflect on a SMART goal you created and practice inserting "tiny behaviors" into your daily routine to help achieve your goal. **Tiny behaviors consistently done become automatic (habits)!!!**

Daily Care Routine (Habits) for Effective Diabetes Management

Integrating new habits into our lifestyle is challenging for everyone. Even those people whose life we think looks perfect and polished, they too have spent much time thinking about their goals and working hard to achieve them! Your daily habits add up to make a big impact on your health and the effect diabetes has on your body. There are several daily habits that will help you take control of your diabetes and keep yourself healthy for a lifetime! Below is a list of behaviors that if done consistently enough to become a part of who you are (habits) will set you up for a lifetime of good health.

See handout: My Diabetes Care Daily Reminder

Daily Diabetes Care Routine

Most Important Task of the Day

I will take responsibility for my health today by...

Directions: Use your resilience to help you score *70 or higher* on these daily diabetes self-care activities; give yourself 10 points for each box you check.

- Take medications and check blood glucose as prescribed
- Build “a balanced plate” (*½ low-carb veggies, ¼ protein, ¼ carbs*) that helps maintain/aim for a healthy weight (*e.g., eat smaller portions if needed*)
- Exercise 30 minutes
- Sleep 7-9 hours
- Practice resilient response to adversity (*use internal, external, existential resources*)
- Reduce sodium, 1500-2400 mg/day (*e.g., less packaged foods*); and reduce sugar intake (36 grams/day men; 25 grams/day women (*e.g., soda → H₂O*))
- Brush your teeth twice a day and floss daily
- Check your feet for swelling, bruises, or cuts
- Don’t start smoking, or if you currently smoke, take steps to quit
- Accomplish today’s most important task

Goal Score: 70+

Today’s Score: _____

Daily Personal Reflection

As I reflect on my thinking, feeling, and behavior today I am aware of...

MY DIABETES CARE DAILY REMINDER

Follow my meal plan.



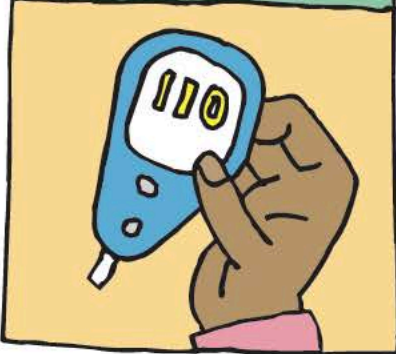
Be active 30 minutes a day, or more, in ways my doctor OK's.



Take the right dose (amount) of medicine – on time.



Check my blood sugar. Write the results in my diary.



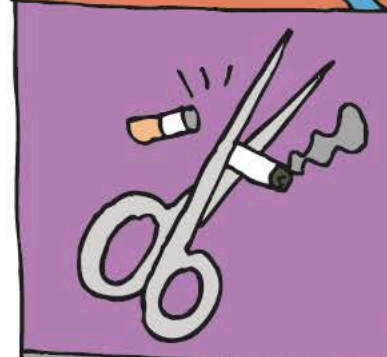
Check my feet for cuts, redness or swelling. Call my doctor right away if I have any problems with my feet.



Brush and floss my teeth after meals.



Don't smoke.



Keep my doctor appointments! Write next appointment here:





GROUP ACTIVITY

Activity: What daily diabetes care habits are you already doing well? Reflect on how you made these behaviors a part of your daily routine (e.g., like wearing your seat belt).

Current diabetes habit (automatic): _____

When/where in your daily routine does this behavior (habit) occur? _____

Reflect on your success with this habit! This habit helps take good care of your diabetes!

Activity: Reflect on the SMART goal you drafted during Class 7. Let's practice creating tiny habits that help you achieve your goal.

SMART Goal: _____

Start with a tiny behavior (doesn't take much skill or motivation, and you really want to do):

Find a good spot to do the tiny behavior in your daily routine: _____

Reflect and nourish the tiny behavior until it becomes automatic (habit), like wearing your seat belt or brushing your teeth:

*"We are what we repeatedly do.
Excellence then, is not an act but a habit."* Aristotle



Diabetes Care Plan with Health Care Provider

Below is a general list of ongoing checks on your total health, particularly related to your diabetes care. Your health care provider may provide additional tests depending on your individual needs, and may recommend some tests occur more or less frequently. **See *handout: Diabetes Care Schedule***
Up to 4 times a year – at 3, 6, 9, and 12 months

Why?	
A1C Check*	It's a snapshot of your average blood sugar over the past 3 months.
Blood Pressure Check	High blood pressure is common with diabetes, and can lead to other complications like heart disease.
Weight	Weight is an important factor in overall health. Also, medications may need to be increased or decreased if weight fluctuates.
Foot Check	Your doctor will be able to assess early symptoms of nerve issues or wounds that are not healing properly.
Medication Review	This is a time for you to discuss any side effects and ask questions about your medications. Your health care provider can also assess if there may be other medications that may work better for you.

*only necessary every 3 months if your blood sugar numbers are high; if well controlled test every 6 months.

Every 6 and 12 months

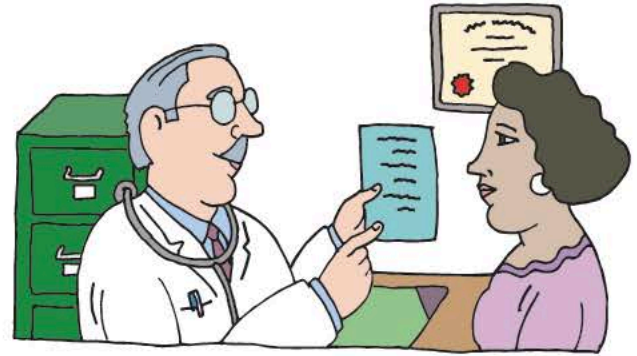
Why?	
Dental Exam	Diabetes elevates your risk for periodontal disease, which can lead to cardiovascular complications and make it harder to control blood sugar.

Yearly

Why?	
Full Physical Check-up	Everyone needs a full physical exam each year. This allows you and your health care provider to monitor your diabetes and non-diabetes health.
Full Foot Exam	Foot complications are common in diabetes. People receiving routine foot exams are less likely to need amputations.
Cholesterol & Lipid Profile	High cholesterol is common with diabetes, and can lead to other complications like heart disease.
Dilated Eye Exam	Testing allows your ophthalmologist to see early signs of diabetic retinopathy before symptoms appear.
Flu Shot	Diabetes raises your susceptibility to and risk for complications from the flu.
Kidney Test	Testing can diagnose early signs of kidney failure before symptoms appear.
Liver Test	Testing can help monitor any signs of fatty liver disease, which can lead to cirrhosis.

DIABETES CARE SCHEDULE

TAKE GOOD CARE OF YOURSELF



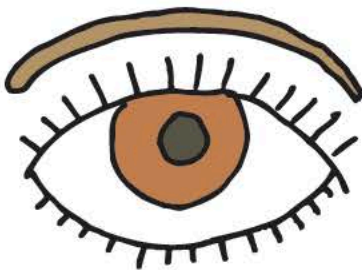
Every 3 Months

- Regular doctor's office visit
- A1C blood test
Every 3 months if your blood sugar (glucose) number is *too high*
- Blood pressure check
- Weight check
- Foot check



Every 6 Months

- A1C blood test
Every 6 months if your blood sugar (glucose) number is *good*
- Teeth and gums exam by your dentist



Every Year

- Physical check-up (exam) by your doctor
- Complete foot exam
- Check cholesterol and other body fats (lipid profile test)
- Complete (dilated) eye exam by an eye doctor
- Flu shot
- Kidney tests

Tracking Your Healthcare Records

An important step to controlling your diabetes is deepening your diabetes knowledge and being an advocate for your own health! We hope attending the TX STRIDE classes has added to your diabetes knowledge! Having a good relationship with your health care team is essential to keeping your diabetes well controlled. There are many benefits to frequent health care visits including:

- ✓ Reviewing your medications for side effects and effectiveness
- ✓ Discussing alternatives to medication (e.g., healthy eating, exercise)
- ✓ Catching complications early!

Another good step you can take is to keep good healthcare records. You have already been doing this by tracking your blood sugar readings. We have provided you the form below to help you track your doctor’s visits and routine medical tests.



My Diabetes Care Record

How to use the record.

Use this page to keep track of your routine medical, dental, and eye exam schedule. Write down the date and results of each test, exam, or shot.

Once a Year	Date	Result
Full Physical Check-up		
Full Foot Exam		
Dilated Eye Exam		
Flu Shot		
Kidney Test		
Liver Test		
Twice a Year (Every 6 & 12 months)	Date	Result
Dental Exam		
Up to four times a Year (Every 3, 6, 9 & 12 months)	Date	Result
Foot check		
Medication Review		



My Diabetes Care Record

Cholesterol & Lipid Profile – Once a Year			
	HDL	LDL	Triglycerides
Date			
Result			

A1C* My goal: _____				
	3 Months	6 Months	9 Months	12 Months
Date				
Result				

Blood Pressure My goal: _____				
	3 Months	6 Months	9 Months	12 Months
Date				
Result				

Weight My goal: _____				
	3 Months	6 Months	9 Months	12 Months
Date				
Result				

*If well controlled, only need every 6 months



Diabetes Special Topics

We want to cover a few special topics that will help you manage your diabetes in a variety of situations important for your health. These special topics include driving with diabetes, traveling with diabetes, sick days with diabetes, when to call the doctor, and alcohol and diabetes.

Driving with Diabetes and Traveling with Diabetes

People with diabetes need to take a few extra steps and precautions to stay safe when traveling. Before taking a trip there are important tasks to do in advance and items to add to your packing list. **See handouts: Driving with Diabetes and Traveling with Diabetes** for more information.

Sick Days with Diabetes and When to Call the Doctor

Being sick can add to the challenges of controlling your blood sugar.

See handouts: Sick Days with Diabetes and When to Call the Doctor for more information.

Alcohol and Diabetes

Moderate drinking can be okay for people with well-controlled diabetes. However, it is very important to understand that alcohol can cause sudden drops in blood sugar. Remember, calories in alcohol must be incorporated into your overall daily dietary plan.

See handout: Alcohol and Diabetes for more information.



GROUP DISCUSSION

Support Groups

Let's discuss upcoming plans for our support group sessions, and get your ideas and input for how to make these sessions as meaningful as possible for each of you!

Until We Meet Again...

Be mindful and reflective of your Daily Care Routine (Habits) for Effective Diabetes Management

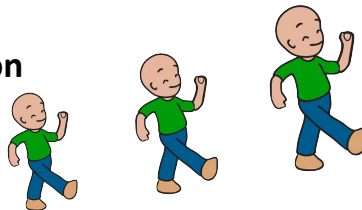
Keep using your **TX STRIDE Physical Activity Cards**

Use your Fitbit to enhance motivation and get more steps

Be mindful of using your Resilience Resources daily

Bring to Our First Support Group Session

Your diabetes notebook

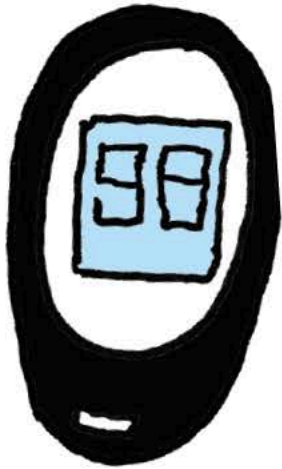


R01DK123146, National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)
National Institutes of Health (NIH)

Contact: Dr. Mary Steinhardt, msteinhardt@austin.utexas.edu, The University of Texas at Austin
512-232-3535 (UT), 512-567-1204 (cell)

DRIVING WITH DIABETES

Driving safely is an important part of good diabetes care. Some simple driving tips can help you manage this challenge.



Always:

- Check your blood sugar before you get behind the wheel and every two hours on long trips
- Carry 15-gram fast-acting sugar snacks in case of a low blood sugar problem
- Pull over immediately if you have any signs (symptoms) of low blood sugar
- Treat a low blood sugar right away and wait 15 minutes to test your blood sugar before driving (if your blood sugar is still low, “treat and wait” again)
- Get regular eye exams to make sure you are a safe driver with good vision

Never:

- Drink and drive
- Drive if you are ill, under a lot of stress, or very upset
- Continue driving if you have a sudden low blood sugar problem while driving (talk to your doctor right away)
- Drive after you treat for a low blood sugar problem until your blood sugar is at or near normal



You are never alone when you drive. Other drivers (and passengers in your car) are counting on you to drive safely and to take good care of your diabetes.

TRAVELING WITH DIABETES

Use this checklist to help you keep your blood sugar (glucose) under good control when you travel.



BEFORE I GO

- Does my doctor approve of me traveling?
- Do I have extra prescriptions?
- Are my shots (immunizations) up to date?

WHEN I GO

Medication

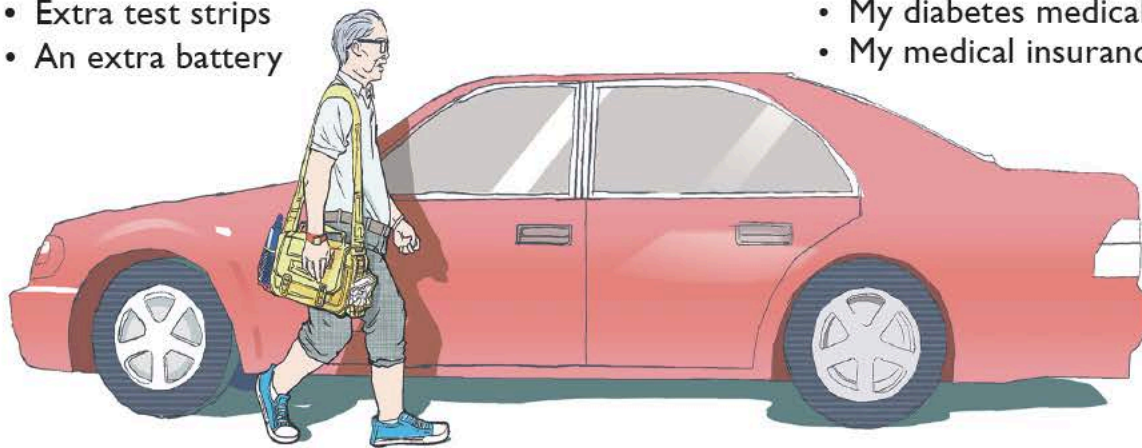
- A list of all my diabetes medicines, dosages, and supplies
- Half my diabetes medicine and supplies on me and half in my hand-held luggage
- A backup supply of my diabetes medicine and supplies (with backup insulin packed in cold packs)
- If I'm traveling by plane, all my medicine and supplies in their original containers

Blood Sugar Meter

- Extra test strips
- An extra battery

Identification

- My diabetes medical ID card or bracelet
- My medical insurance card(s)



Other Things to Bring

- At least a few 15-gram, fast-acting, high-sugar snacks or glucose tablets in case of a low blood sugar
- An extra meal for long trips or in case of travel delays
- Comfortable shoes I've worn before
- My doctor's phone number
- Phone numbers to call in case of an emergency
- A plan to adjust my meal plan if times zones change

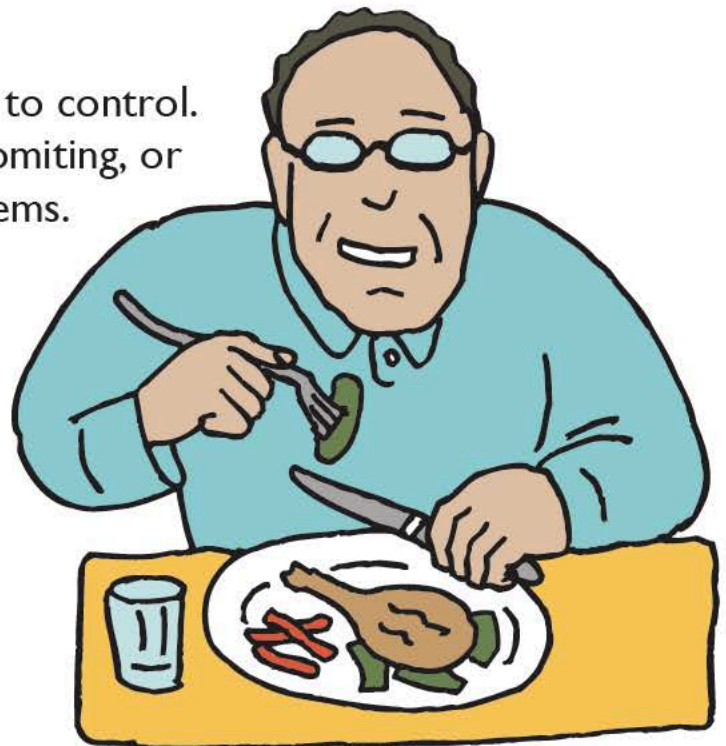


SICK DAYS WITH DIABETES

Being sick can make blood sugars hard to control. Even common problems, like a cold, vomiting, or a fever, can cause serious health problems. Here are some important things to remember when you are sick:



Drink non-caffeine liquids every hour, if you can.



Try to eat your normal meal plan.



Keep a record of:

- what you eat and drink
- your blood sugar levels every four hours
- ketone readings every four hours— if you take insulin



Call your doctor or health clinic if you are sick and don't know what to do, or if you:

- are unable to eat or drink liquids
- are vomiting or have diarrhea
- are too ill to take your diabetes medicine
- can't control your blood sugar or have ketones



WHEN TO CALL THE DOCTOR

Calling the doctor or health clinic is always a good idea if you are having a problem with your diabetes care. But, one can be unsure at times about when to call.

Here are some times when you should always call the doctor or diabetes clinic:

- Whenever your blood sugar is above 300 and you cannot lower it.
- When your blood sugar is higher than your goal for 2 or 3 days and you don't know why.
- If you have ketones.
- When your blood sugar stays below 70 even after you have treated for a low blood sugar problem.
- Whenever you have a bruise, cut, or other injury – especially on your feet – that is getting worse rather than better.



- Any time you cannot remember how much diabetes medicine to take, when to take your medicine, or what to do if you forget to take a dose of medicine.
- If you are sick and cannot hold down food because of diarrhea or vomiting.
- Any time you take a new medicine, either from a doctor or one you buy yourself, such as a cough or cold medicine.

Keep this simple reminder in a handy place, such as on the refrigerator or medicine cabinet. Calling your doctor or diabetes clinic when you have a problem controlling your diabetes is always the right thing to do.



ALCOHOL AND DIABETES



Drinking alcohol may be OK if you can answer YES to the following:

1. My blood sugar is under good control
2. I know how to avoid (prevent) and treat low blood sugar
3. My doctor or the diabetes clinic says it is OK to drink alcohol

YES	NO
<input checked="" type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/>	<input type="checkbox"/>

1 DRINK =



5 OZ. WINE

OR



1½ OZ. ALCOHOL

OR



12 OZ. BEER

How much can I drink?

One drink a day for men and women.
Two drinks a day for men (only men) may also be OK.

How to drink alcohol:

- Drink with a meal or with foods high in carbohydrate
- Drink slowly and don't drink alone
- Check your blood sugar often
- Always have a low blood sugar snack handy
- Make sure someone with you knows you have diabetes



If you drink, remember:

Alcohol can cause a sudden drop in blood sugar, especially in type 1 diabetes. There may be no warning. You could even pass out.

Summary:

If you don't drink alcohol now, don't start. No one needs to drink alcohol. If you do drink alcohol, it is always best to drink only a small amount.

Talk to your doctor

or diabetes educator for more information.