**Diabetes Teaching Handout for Camp**

**Question - - Have you ever known someone who has diabetes? Tell us about that.**

**Show and tell - show insulin bottles and insulin needles as well as a blood glucose machine**

**23 Facts About Diabetes**

* **1. Diabetes occurs when a pancreas produces too little or no insulin OR the person’s body does not properly use insulin. This results in person not being able to keep the blood sugar level at the normal healthy rate of 70 – 110. Even animals can get diabetes.**
* **2. Insulin is a hormone that works to move glucose (sugar) from the blood and into the cells for energy. Insulin lowers blood sugars. Insulin is an expensive medication and needs to be kept in the refrigerator but it can be kept at room temperature for one month.**
* **3. Without insulin sugars collect in the blood and cannot get into the cells and this causes problems with circulation and can damage organs**
* **4. Type I diabetes is usually diagnosed in children and young adults. In type I diabetes, the pancreas does not produce any insulin. These patients must receive daily injections of insulin or use an insulin pump and a special diet. They must check their blood glucose regularly! This is the type of diabetes children most often get. It can first look like the child has the stomach flu.**
* **5. Type II diabetes is the most common form of diabetes. In Type II diabetes, either the body does not produce enough insulin, or the body fails to properly use insulin. This is known as insulin resistance. Type II diabetes usually develops slowly and is a milder form of diabetes. IT often occurs in obese people or those with a family history of the disease. Type II can usually be controlled with diet and /or oral medications.**
* **6. People with diabetes may have these signs and symptoms: excessive thirst, extreme hunger, frequent urination, weight loss, elevated blood sugar levels, glucose (sugar in the urine), sudden vision changes, tingling in hands or feet, feeling tired all the time, very dry skin, sores that heal slowly, and infections more than usual.**
* **7. Diabetes can lead to changes in the circulatory system and can cause a heart attack, a brain attack (stroke), poor circulation to the extremities, poor wound healing and kidney and nerve damage.**
* **8. Damage to the eyes can cause vision loss and blindness**
* **9. Poor circulation and poor wound healing may cause leg and foot ulcers, infected wounds and even cause the patient to need an amputation. Diabetic patients should wash their feet every day and wear clean socks.**
* **10. Too much insulin (also called an insulin reaction) and not enough can cause many problems. It is important to keep the blood sugars roughly between 70 - 110. When blood sugars are low the person should eat right away.**
* **11. Patients need to eat their prescribed diet and stick with a regular exercise plan to help keep their blood sugars and insulin in balance. Quick sources of things that can turn into sugar if the patient needs to raise their blood glucose (carbohydrates) are graham crackers, orange juice and raisins. Carbohydrates (sugars) are fuel for the body. Potatoes, rice and bread are carbohydrates too.**
* **12. Patients poke their fingers regularly to check their blood sugar.**
* **13. Patients must check their feet regularly for sores and avoid going barefoot.**
* **14. Even if a person is sick they should take their insulin**
* **15. Some patients wear a pump on the outside of their body which they program to inject the insulin they need.**
* **16. Even getting upset can cause high blood sugars.**
* **17. There are all kinds of insulins from fast acting (Humalog) to slow acting (Novalog) and at most medical establishments nurses must double check insulin doses. Every patient’s insulin and/or hypoglycemic medications are unique to them. The doctor, also called a diabetic endocrinologist works with nurses and dieticians to adjust the patients diet, insulin and exercise based on how well they are keeping the patient’s blood glucose as close to the 70 – 110 range. It is important to keep daily records so these medical professionals can study them. Insulin is given by injection only.**
* **18. Exercise is encouraged if you have diabetes but it does lower your blood sugars so you might need to eat a snack before sports practices if you have diabetes.**
* **19. It is a great idea to wear a medic alert bracelet so paramedics and other medical professionals know you have diabetes. Patients should keep their diabetic supplies with them at all times.**
* **20. Sometimes a diabetic patient can go unconscious from having too low or high blood sugars. There is an emergency medication which can be given to raise blood sugars and it is an injection called glucagon.**
* **21. Patients will work with a diabetic educator who will teach them the food groups to choose from for their diet. Some patients just count carbohydrates while others could all the food groups. In an emergency when there are not enough sugars in the body it will convert fat to a form of glucose but toxins build up called ketones and these can be found in urine.**
* **22. Glucometers are used to check blood sugars and these vary by type. Patients should test their blood glucose levels before they eat.**
* **23. A blood test called a glycosylated hemoglobin or A1C can tell the patients past three-month average of blood glucose levels. A level of 7 is usually considered good.**

**Question - - Why would you report each of the following things to the nurse or doctor regarding a diabetic patient?**

1. **Any sign of skin breakdown**
2. **Changes in appetite**
3. **Weight changes**
4. **Changes in how alert they are**
5. **Increased thirst**
6. **Increased urine output**
7. **Nausea or vomiting**
8. **Irritability**
9. **Feeling dizzy**
10. **Blurred vision**
11. **Sweet or fruity breath**

**Why might a child with diabetes like Diabetic Camp? See camp video below**

**https://www.youtube.com/watch?v=mqf9y615W0c**

**Activity Game - toss the diabetic question beach ball and try to answer some of the questions on the beach ball**

**Youtube video below shows a pediatric diabetes nurse**

 **https://www.google.com/search?q=youtube+video+child+wiht+diabetes&oq=youtube+video+child+wiht+diabetes&gs\_lcrp=EgZjaHJvbWUyBggAEEUYOTIHCAEQIRifBTIHCAIQIRifBTIHCAMQIRifBTIHCAQQIRifBTIHCAUQIRifBTIHCAYQIRifBTIHCAcQIRifBTIHCAgQIRifBTIHCAkQIRifBdIBCTkwNzdqMGoxNagCCLACAQ&sourceid=chrome&ie=UTF-8#fpstate=ive&vld=cid:054cf00c,vid:tPvPyqAgY8c,st:0**