

# Beyond Diagnosis Objective and Evaluation List

The Beyond Diagnosis tools including The Implementation Guide, Learning Modules (with speakers notes), Guide to Thriving with Diabetes, and this Objective and Evaluation list meet DSMES recognition\* criteria for a complete curriculum. The Beyond Diagnosis tools pertain to and support the Delivery and Design Standard (2022 NSDSME - Standard 4).

## **Beyond Diagnosis Learning Objectives**

### Section 1. Decoding Diabetes

At the end of this section participants will be able to:

- Identify the most common symptoms and underlying causes of both T1D and T2D,
- Discuss how diabetes affects the body's physiology,
- Identify what insulin is and how it works,
- List the treatments that are effective for managing blood glucose,
- Reflect on personal feeling of their diagnosis and identify ways of healthy coping,
- List members of their personal support network, and
- Set goals to help them achieve short term and long term diabetes self management metrics.

### Section 2. Creating Your Best Path Forward

At the end of this section participants will be able to:

- List lifestyle strategies for managing blood glucose levels effectively,
- Identify ADA glucose goals and self- monitoring techniques,
- State personal glucose goals,
- Recognize hypoglycemia and methods to prevent and treat,
- Recognize hyperglycemia and methods to prevent it and treat it,
- Understand DKA,
- Describe sick day guidelines,
- Identify ways to prepare for crisis situations,
- List strategies for coping with the emotional aspects of diabetes, and
- Set goals to help them achieve short term and long term diabetes self management metrics.

### Section 3. Fuel Well to Feel Well & Move Your Body

At the end of this section participants will be able to:

- List the benefits of physical activity,
- Describe strategies to maintaining glucose balance while exercising,
- State the effect of exercise on blood glucose levels,
- Identify the importance of meal planning and personalization using cultural preferences,
- Describe methods to healthy eating including the diabetes plate method and carb counting,
- Identify the effects of the type, amount, and timing of food on glucose levels,
- Identify personal barriers and supports for healthy eating and physical activity, and
- Set goals to help them achieve short term and long term diabetes self management metrics.

#### Section 4. Building Your Diabetes Support Team

At the end of this section participants will be able to:

- Describe the long-term complications of diabetes including eye, foot, dental, and renal,
- Describe their personal fears and concerns about the long-term complications,
- Identify screenings needed for eye, foot, dental care, and renal,
- Identify the roles of different healthcare professionals in their diabetes management,
- List strategies for managing the long term aspects of living with diabetes, and
- Set goals to help them achieve short term and long term diabetes self management metrics.

#### Section 5. Tap into A Community & Thrive Together

At the end of this section participants will be able to:

- Identify resources to connect with others living with diabetes,
- Recognize diabetes distress and be able to identify support options,
- Identify problem solving strategies to overcome challenges in diabetes self management, and
- Set goals to help them achieve short term and long term diabetes self management metrics.

#### **Beyond Diagnosis Learning Evaluation Worksheet**

To be used/personalized for each participant, use the following scale to rate competency for each area:

1= Needs Instruction, 2= Needs Review, 3= Comprehends Key Points, 4= Demonstrates Competency

Topic Area	Pre Education Score	Session # & Date	Post Education Score	Instructor Initials & Notes
Pathophysiology of Diabetes & Treatments		1		
Healthy Coping		1		
Taking Medication		2		
Monitoring		2		
Healthy Eating		3		
Being Active		3		
Reducing Risk		4		
Problem Solving and Behavior Change Strategies		4		

\*Recognition is awarded for meeting all National Standards for Diabetes Self-Management Education and Support.