

Unit 4222-679 Diabetes Awareness (DIB 201)

Level: 3
Credit value: 6
UAN: D/503/1839

Unit aim

The unit will enable learners to explore what diabetes is, the different types of diabetes and how a person centred approach may support an individual to manage diabetes.

Learning outcomes

There are **seven** learning outcomes to this unit. The learner will:

1. Understand diabetes and the associated implications
2. Know the most common types of diabetes and their causes
3. Understand how to implement a person-centred approach when supporting individuals with diabetes
4. Understand the nutritional needs of individuals with diabetes
5. Understand factors relating to an individual's experience of diabetes
6. Understand the importance of monitoring diabetes
7. Understand the links between diabetes and other conditions

Guided learning hours

It is recommended that **46** hours should be allocated for this unit, although patterns of delivery are likely to vary.

Details of the relationship between the unit and relevant national standards

DIAB HA1, DIAB HA2, DIAB HA5, DIAB HA8, DIAB TT01.

Support of the unit by a sector or other appropriate body

This unit is endorsed by Skills for Care and Development

Assessment

This unit needs to be assessed in line with the Skills for Care and Development QCF Assessment Principles

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Assessment Criteria

Outcome 1 Understand diabetes and the associated implications

The learner can:

1. define diabetes
2. identify prevalence rates for different types of diabetes
3. describe possible key long-term complications to health as a result of having diabetes
4. explain what is meant by the term hyperglycaemia
5. explain the procedure of referring an individual with diabetes to **others**

Outcome 2 Know the most common types of diabetes and their causes

The learner can:

1. describe key features of Type 1 diabetes
2. describe key features of Type 2 diabetes
3. list the most common possible causes of diabetes:
 - type 1
 - type 2
4. describe the likely signs and symptoms of diabetes
5. outline contributing risk factors that may lead to the development of Type 2 diabetes

Outcome 3 Understand how to implement a person-centred approach when supporting individuals with diabetes

The learner can:

1. define **person-centred** support
2. explain the importance of using individualised care plans to support individuals with diabetes
3. explain the care pathway for the individual with newly diagnosed Type 2 diabetes
4. explain what self-care skills are
5. explain how to work with an individual, and or their carer, to optimise self-care skills
6. explain the importance of supporting individuals to make informed decisions

Outcome 4 Understand the nutritional needs of individuals with diabetes

The learner can:

1. explain the principles of a balanced diet
2. analyse how **different carbohydrates** affect blood glucose level
3. explain the role of the nutritional plan and how to report any related problems.

Outcome 5 Understand factors relating to an individual's experience of diabetes

The learner can:

1. describe how **different individuals** may **experience living** with diabetes
2. explain the impact that the attitudes and behaviours of others may have on an individual with diabetes
3. explain how an individual can manage their diabetes through different aspects of their lifestyle.

Outcome 6 Understand the importance of monitoring diabetes

The learner can:

1. explain the importance of accurately measuring blood pressure when supporting individuals with diabetes
2. identify the normal parameters for blood pressure
3. explain the purpose of accurate blood glucose monitoring for individuals with diabetes
4. state the normal blood glucose range
5. explain the purpose of accurate urine monitoring for individuals with diabetes
6. describe the annual review checks needed to screen for long term complications

Outcome 7 Understand the links between diabetes and other conditions

The learner can:

1. explain the links between diabetes and:
 - dementia
 - depression
 - pregnancy

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Additional guidance

Person-centred – this is a way of working which aims to put the person at the centre of the care situation, taking into account their individuality, wishes, and preferences

Individuals – are people requiring care or support

Different carbohydrates - carbohydrates act as the body's main source of energy. They are essential sugars that are broken down by the body during digestion. There are two categories of carbohydrates, and three types within those categories:

Simple

Simple carbohydrates are also known as simple sugars. These simple carbs give the body a quick energy boost. Natural sugar from fruit, table sugar and sugar from milk all fall into this category.

Complex

Fiber and starch are complex carbs that take longer for the body to digest. Vegetables, breads, rice, whole grains and pasta are examples of complex carbohydrates

Different individuals -depending on age, type of diabetes and level of ability and disability

Experience living- To include the impact on the individual's physical, physiological and mental well being

Others may include:

- ☐ Care workers
- ☐ Colleagues
- ☐ Managers
- ☐ GP
- ☐ Pharmacist
- ☐ Nurse
- ☐ Dietician
- ☐ Podiatrist
- ☐ Community Diabetes Specialist Nurse
- ☐ Diabetes Care Advisors
- ☐ Advocate
- ☐ Support groups