

## 12 to 13 Years of Age

This education can be delivered either as individual teaching or in small groups.

Topic	Content
<i>About Diabetes</i>	<ul style="list-style-type: none"><li>• deliver a detailed explanation of the disease process including:<ul style="list-style-type: none"><li>- epidemiology, <i>and</i></li><li>- current research</li></ul></li><li>• discuss management goals</li></ul>
<i>Diabetes Control</i>	<ul style="list-style-type: none"><li>• discuss the role of blood glucose levels (BGL's) in overall diabetes management</li><li>• discuss target range for BGL's</li><li>• discuss HbA<sub>1c</sub> target range</li></ul>
<i>Insulin Therapy &amp; Adjustment</i>	<ul style="list-style-type: none"><li>• explain the action of the different insulin regimens</li><li>• discuss principles of adjusting insulin doses</li><li>• discuss principles of matching insulin, food and exercise</li></ul>
<i>Management of Hypoglycaemia</i>	<ul style="list-style-type: none"><li>• review hypoglycaemia management</li><li>• discuss individuals signs and symptoms</li><li>• discuss treatment strategies</li><li>• discuss prevention strategies</li></ul>
<i>Exercise</i>	<ul style="list-style-type: none"><li>• discuss importance of regular exercise</li><li>• review management hypoglycaemia related to exercise</li><li>• discuss 'hypo' prevention strategies</li></ul>
<i>Sick Day Management</i>	<ul style="list-style-type: none"><li>• demonstrate testing of blood and/or urine for ketones</li><li>• explain effects of illness on blood glucose control</li><li>• explain how to adjust insulin doses during illness</li><li>• discuss principles of prevention of Ketoacidosis</li></ul>
<i>Effects of Hormones &amp; Puberty on Diabetes</i>	<ul style="list-style-type: none"><li>• discuss impact of puberty on BG control</li><li>• discuss need for insulin adjustment</li></ul>

**Continued**

<b>Topic</b>	<b>Content</b>
<b><i>School Issues</i></b>	<ul style="list-style-type: none"><li>• discuss differences between primary and high school</li><li>• principles of managing diabetes at school, and, when appropriate at school camps</li><li>• discuss strategies for managing diabetes during school examinations</li><li>○ Discuss importance of carrying personal and diabetes identification with them at all times</li></ul>
<b><i>Diabetes Complication Screening</i></b>	<ul style="list-style-type: none"><li>• discuss micro and macro-vascular complications related to diabetes, <i>and</i></li><li>• strategies for their prevention</li><li>• explain the complication screening process and schedule</li></ul>

**Note:** A dietary and mental health review should also occur at this stage of the transition process.