# Diabetes Awareness

## Course Design

### 2007-2008

## Course Information

<table>
<thead>
<tr>
<th>Organization</th>
<th>Eastern Arizona College</th>
</tr>
</thead>
<tbody>
<tr>
<td>Division</td>
<td>Nursing &amp; Allied Health</td>
</tr>
<tr>
<td>Course Number</td>
<td>HCE 140</td>
</tr>
<tr>
<td>Title</td>
<td>Diabetes Awareness</td>
</tr>
<tr>
<td>Credits</td>
<td>2</td>
</tr>
<tr>
<td>Developed by</td>
<td>Dr. Siripoon</td>
</tr>
<tr>
<td>Lecture/Lab Ratio</td>
<td>2 Lecture/0 Lab</td>
</tr>
<tr>
<td>Transfer Status</td>
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</tr>
<tr>
<td>Activity Course</td>
<td>No</td>
</tr>
<tr>
<td>CIP Code</td>
<td>51.0800</td>
</tr>
<tr>
<td>Assessment Mode</td>
<td>Pre/Post Test (30 Questions/30 Points)</td>
</tr>
<tr>
<td>Semester Taught</td>
<td>Offered upon request</td>
</tr>
<tr>
<td>GE Category</td>
<td>None</td>
</tr>
<tr>
<td>Separate Lab</td>
<td>No</td>
</tr>
<tr>
<td>Awareness Course</td>
<td>No</td>
</tr>
<tr>
<td>Intensive Writing Course</td>
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## Prerequisites

None

## Goals

Teach the student to be an advocate to the public about diabetes and its disease process.

## Description

This course will teach the purpose, role, and function of the Community Health Advocate and will provide an overview of diabetes, including types, symptoms, effects, risk factors, and history of diabetes. Traditional ways of maintaining well-being and nutritional concerns related to diabetes will be studied.

## Textbooks

Instructor’s handouts
**Supplies**

None

**Competencies and Performance Standards**

1. Describe the purpose, role, and function of the Community Health Advocate.

   **Learning objectives**
   
   What you will learn as you master the competency:
   
   a. Describe the purpose, role, and function of the Community Health Advocate.
   b. Acquire a basic understanding of the community health.

   **Performance Standards**
   
   Competence will be demonstrated:
   
   o in the completion of test.

   Performance will be satisfactory when:
   
   o learner provides acceptable, written responses to questions.
   o learner participates in class discussions and class activities.

2. Acquire a basic understanding of Diabetes.

   **Learning objectives**
   
   What you will learn as you master the competency:
   
   a. Define diabetes, and identify specific risk factors associated with it.
   b. Identify Types, Risk factors, and Early signs of Diabetes
   c. Describe specific long-term effects of diabetes on Vision, Musculoskeletal system, Gastrointestinal system, Genitourinary system, Central nervous system, Cardiovascular system, and Emotional balance
   d. Identify genetic links concerning Diabetes

   **Performance Standards**
   
   Competence will be demonstrated:
   
   o in completion of competency assessment.

   Performance will be satisfactory when:
   
   o learner participates in class activities.

3. Identify relationship between insulin and Diabetes.

   **Learning objectives**
   
   What you will learn as you master the competency:
   
   a. Explain the production and function of insulin in the control of diabetes.
   b. Describe production of insulin
   c. Explore the effects of insulin
   d. Explain the impact of changing levels of insulin on body systems
   e. Identify the relationship between insulin and diabetes
   f. Describe insulin resistance and insulin reactions
Performance Standards

Competence will be demonstrated:

- in completion of competency assessment.

Performance will be satisfactory when:

- learner participates in class activities.

4. Explain the historical link between diabetes and Native Americans.

Learning objectives

What you will learn as you master the competency:

a. Explain the historical link between Diabetes and Native Americans
   A. Changes of lifestyle over time
   B. Increased risk factors among Native Americans
   C. Medicine wheel
b. Identify Spiritual Issues
   A. Healing circle
   B. Emotions tied to diet
   C. Life cycle and food

Performance Standards

Competence will be demonstrated:

- in completion of competency assessment.

Performance will be satisfactory when:

- learner participates in class activities.

5. Explain the Traditional Native Americans Food as it relates to Diabetes.

Learning objectives

What you will learn as you master the competency:

a. Identify and describe key spiritual issues related to maintaining wellness.
b. Identify and describe specific types of traditional native foods of the Southwestern United States.
c. Define and contrast specific nutrients, including carbohydrates, saturated and unsaturated fats, protein, and cholesterol.
d. Explain the process of diabetic exchange and its impact on diabetes prevention and management.
e. Analyze food label information to determine the nutritional value of a specific food.
f. Explain the relationship of diet, digestion, and metabolism.
g. Identify traditional Native American recipes that include native foods.
h. Share a low-fat food using Native American recipes.

Performance Standards

Competence will be demonstrated:

- in completion of competency assessment.

Performance will be satisfactory when:

- learner participates in class activities.
Types of Instruction
Classroom Presentation & Demonstration

Grading Information
Grading Rationale
Written Assignments = 30%
Tests = 60%
Posttest = 10%

Grading Scale
A  90% - 100%
B  80% - 89%
C  70% - 79%
D  60% - 69%
F  Below 60%