Diabetes Prevention and Control
Course Design
2007-2008

Course Information
Organization Eastern Arizona College
Division Nursing & Allied Health
Course Number HCE 141
Title Diabetes Prevention and Control
Credits 3
Developed by Dr. Siripoon
Lecture/Lab Ratio 3 Lecture/0 Lab
Transfer Status Non-Transferable
Activity Course No
CIP Code 51.0800
Assessment Mode Pre/Post Test (30 Questions/30 Points)
Semester Taught Offered upon request
GE Category None
Separate Lab No
Awareness Course No
Intensive Writing Course No

Prerequisites
None

Goals
Teach student to advocate to the public about preventative stages of diabetes.

Description
This course teaches preventative health care practices for the control of primary, secondary, and tertiary forms of diabetes. Study will include methods of reducing risk and managing effects of diabetes, including financial, community, and medical resources to support the diabetic patient.

Textbooks
Instructor’s handouts
Supplies
None

Competencies and Performance Standards

1. Acquire knowledge of Goal-Setting Techniques.

Learning objectives
What you will learn as you master the competency:

a. Describe the goal-setting process, and explain how it can be used to modify behaviors that contribute to illness.
   A. Goal-setting and belief systems
   B. Goals for behavior modification
   C. Process of setting goals

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. Explain the importance of preventative health care at the primary, secondary, and tertiary levels of diabetes.

Learning objectives
What you will learn as you master the competency:

a. Describe prevention philosophy, healthcare industry, prevention education
b. Demonstrate competency of glucose monitoring to include equipment, procedures, and the understanding of test results

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 Primary Prevention level of Diabetes.

Learning objectives
What you will learn as you master the competency:

a. Identify and describe specific lifestyle choices for reducing the risk of diabetes.

b. Explore the various aspects of risk factors: philosophy, exercise, nutrition, body weight, alcohol, stress, and smoking
Performance Standards

Competence will be demonstrated:

- in completion of competency assessment.

Performance will be satisfactory when:

- learner participates in class activities.

4. Explain the Secondary Prevention level of Diabetes

Learning objectives

What you will learn as you master the competency:

a. Describe the psycho-social responses and reactions of a patient diagnosed with diabetes.

b. Acquire knowledge of diabetic medications: types of insulin, oral medication, herbal/mineral or complementary techniques.

c. Demonstrate proper hand-washing technique

d. Demonstrate proper application of non-sterile gloves.

e. Explain the signs and symptoms of skin wound infection.

f. Explain the causes of wounds in diabetes.

g. Demonstrate proper disposal of used dressings and materials.

h. Describe a wound in writing and/or using a checklist.

i. Explain the effects of gestational diabetes on both the mother and the child.

j. Identify and describe uses of specific medications in the control of diabetes.

k. Identify and describe financial, community, and medical resources for diabetic patients and their families.

Performance Standards

Competence will be demonstrated:

- in completion of competency assessment.

Performance will be satisfactory when:

- learner participates in class activities.

5. Explain the Tertiary Prevention level of Diabetes

Learning objectives

What you will learn as you master the competency:

a. Describe the health care options available for a patient in the tertiary phase of diabetes.

b. Explain the purpose of dialysis, and describe its effects on the diabetic patient.

c. Identify and describe the stages of grief and loss.

d. Identify support resources for patients and their families who are experiencing grief and loss.

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**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage Range</th>
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</thead>
<tbody>
<tr>
<td>A</td>
<td>90% - 100%</td>
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<tr>
<td>B</td>
<td>80% - 89%</td>
</tr>
<tr>
<td>C</td>
<td>70% - 79%</td>
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<tr>
<td>D</td>
<td>60% - 69%</td>
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<tr>
<td>F</td>
<td>Below 60%</td>
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