

Table. Group Visit Curriculum Overview					
Month	Large Group	Medical	Social barriers to care	Behavioral barriers to care	Children's Program
1	Diabetes overview - Defining diabetes and A1c - Goal A1c levels - Preventing complications		Taking ownership - glucometer teaching	Fear -FICA: faith	Diabetes 101
2	Medication adherence - Why nonadherence is common - Reasons to take medications - Normal blood sugar levels - Overcoming nonadherence		Taking medications	Worry -FICA: influence	Helping your parents
3	Nutrition - Why nutrition is important - Why nutrition seems difficult - How to simplify nutrition - Setting goals	Heart and Lungs	My Plate.gov	Overwhelmed -FICA: importance	Fruits and vegetables
4	Sex/Intimacy & depression - Diabetes-related complications relating to sexual intimacy and depression - Importance of glucose control	Nervous System	Counseling opportunities	Sadness -FICA: Community	Why people get sad
5	Preventive care - Rationale for preventive care - Preventing diabetes complications - Age-appropriate preventive care	Eyes	Reviewing age-appropriate guidelines	Coping -FICA: Community	Calcium-preventing osteoporosis
6	Exercise - Why exercise is important - Why exercise seems difficult - How to simplify exercise - Setting goals	MSK	Hands-on exercise examples	Exercise for the mind -Address	Exercise is fun
9	Tobacco & Alcohol - Health effects of tobacco and alcohol - Reasons to quit - Building a community of support	Feet	Reviewing community programs	Seeking help - FICA: Community	
12	Living Strong - Including family in healthier lifestyle - Seeking support from family for long term diabetes management	GI	Getting family on-board	Getting the family involved - FICA: Address	

General Social and Behavioral (Ministry) Medicine group questions:

1. Define the topic
2. What are barriers to the topic for you and others with diabetes
3. What is something you can do to improve (setting goals, objectives)?

FICA: Fear/beliefs, Importance or influence, Community, Address

Detailed diabetes group visit curriculum	
Month	Topic
ONE	Diabetes Overview
Social	Topic. Physical Barriers to Your Care: Taking Ownership (Glucometers)
	Supplies. Glucometers (only those who do not have should take) Cell Phone (OhMD app)
	Before starting. Review the OhMD app with them (why to use, help them download)
	Questions. <ol style="list-style-type: none"> Define: What does it mean to take ownership? <ol style="list-style-type: none"> Ownership literally means to possess...or be in control of your disease What are some examples of taking ownership <ul style="list-style-type: none"> -Knowing what medications you're taking -Knowing what your numbers are and if they are good or bad (such as blood sugar) Overcoming barriers. What are my barriers or what things get in the way of me taking ownership? <ol style="list-style-type: none"> Money, time, not knowing enough about diabetes Goals/Objectives. What is something I can do to take ownership? <ol style="list-style-type: none"> Learn and use your glucometer as your doctor tells you Keep a log of your blood sugars (show them the paper) Now how can I help others overcome barriers to today's topic?
Behavioral	Topic. Mental Barriers to Your Care: Fear
	Questions. <ol style="list-style-type: none"> Define. Many people have concerns related to diabetes...such as "feeling scared when I think of living with diabetes" <ol style="list-style-type: none"> Fear – What is fear? Why do you think many people suffer with fear about living with diabetes? Overcoming barriers. Review how the mind affects the body...why we cannot ignore it when we are trying to improve help (examples-I'm anxious so I do not want to take my medications, etc.). <ul style="list-style-type: none"> - Introduce FICA: FAITH -Do you consider yourself spiritual or religious? Or, is spirituality important to you? -Do you have spiritual beliefs that help you cope with stress/difficult times? -What gives your life meaning? -INTRODUCE: Church Connection to Clinic Goals/Objectives. What can we do when we fear? <ol style="list-style-type: none"> How do you plan on doing this? (set goals, objectives to reach goal) <ul style="list-style-type: none"> -For example...My goal is not let fear stop me from taking my medications so this week I will _____.
Medical	Topic. Diabetes Foot Exam
	Supplies. Microfilament, BP w/ XL cuff, scale, excel sheets (BP, height/weight, physical exam), stethoscope
	Before Starting. -If anyone needs A1Cs and/or labs, have them get them -Review DM foot exam: pulses are present, skin is without lesions, temperature is wnl; sensation intact
	Questions. <ol style="list-style-type: none"> Define: What does it a diabetes foot exam? <ol style="list-style-type: none"> A medical evaluation of your feet (skin, pulse, sensation) Overcoming barriers.

	<ul style="list-style-type: none"> a. Why is it difficult to wear good shoes? b. Why is it difficult for you (or someone else) to check your feet weekly <ul style="list-style-type: none"> d. Money, time, not knowing enough about diabetes 3. Goals/Objectives. What is something you can do to improve your foot care? <ul style="list-style-type: none"> a. Demonstrate foot exam on each person b. Have patients demonstrate how they can do a foot exam for another person or self at home
CHW – Weekly patient questions	<p>Weekly:</p> <ol style="list-style-type: none"> 1. How are your glucose levels? 2. Are you having problems obtaining or taking your medication? 3. Questions or issues? <p>Other (ask through the month at the CHW discretion)</p> <ul style="list-style-type: none"> - Have you checked your feet this month? - Do you know your A1C level and what it should be?
TWO	Taking your medications
Social	Topic. Physical Barriers to Taking Your Medications
	Supplies. Cell Phone (OhMD app) Chart that compares A1c to blood sugar levels
	Before starting. 1. Review the OhMD app with them (why to use, help them download) Allow time to review blood sugar logs and how it “matches” with A1c (it’s OK if they didn’t check their blood sugar every day...something is better than nothing ☺). DO remember to check at various times of the day not just morning so we can see if they are "high" or "low" at other times.
	Questions. 1. Define. What does “controlled diabetes” mean? Why is this difficult? - A1c <7, allow to discuss 2. Overcoming barriers. What are some barriers or what things get in the way of taking your medications? Allow discussion - “I feel good”, worry about side effects, forget, “I’m eating/exercising now”, I feel better not taking them 3. Goals/objectives. If you do not take your medications as prescribed, what is something you can do to take your medications? (Setting goals and objectives/plan) - First, ask them to think through what is the main reason they do not take their meds - Next, ask /help them come up with a plan to overcome this barrier - Example, “I forget” →plan may be to set phone alarm; “Side effects” or “feel better not taking them ”→plan may be to discuss with the doctor (maybe a different medication or dose would be better) -It is important to communicate with doc and CHWs their concerns. We want them to feel good AND take their meds ☺
Behavioral	Topic. Mental Barriers to Taking Your Medications (Worry)
	Questions. 1. Define. -What is worry? Why do you think many people with diabetes suffer from worry about the disease and its complications? 2. Overcoming barriers. Review how the mind affects the body...why we cannot ignore it when we are trying to improve help (examples-I’m worried about side effects so I do not take my medications, etc.). Many people have concerns related to diabetes...such as “Worrying about the future and the possibility of serious complications” -FICA: (I) Importance -What importance does spirituality have in life? 3. Goals/objectives. What can we do when we worry? -How do you plan on doing this? (Set goals, objectives to reach goal). For example...My goal is not let worry stop me from taking my medications so this week I will .

Medical	Topic. Heart EXAM
	Supplies. Microfilament, BP w/ XL cuff, scale, excel sheets (BP, height/weight, physical exam), stethoscope
	Before Starting. -If anyone needs A1Cs and/or labs, have them get them -Review heart physical exam (normal): Regular rate and normal rhythm (rate 60-100/minute). Also assess for lower extremity edema
	Questions. <ol style="list-style-type: none"> Define: How are the heart and diabetes related? <ul style="list-style-type: none"> - Diabetes increases the risk of heart attacks and strokes (why taking a statin is important) - Obesity is related to diabetes and can also cause high blood pressure - High blood pressure makes the heart work too hard, leading to swelling, shortness of breath and heart failure Overcoming barriers. <ul style="list-style-type: none"> - Why is it difficult to be a healthy weight? - Money, time, not knowing what is a healthy weight (or knowing and it's too hard) Goals/Objectives. <ul style="list-style-type: none"> - What is something you can do to improve your heart? - Demonstrate heart exam on each person
CHW – Weekly patient questions	Weekly: <ol style="list-style-type: none"> How are your glucose levels? Are you having problems obtaining or taking your medication? Questions or issues? Other (ask through the month at the CHW discretion) <ul style="list-style-type: none"> - Do you know when your medication needs to be refilled and how to order refills? - What could you do to remember to take your medications?
THREE	Nutrition
Social	Topic. Physical barriers to nutrition
	Supplies. MyPlate.gov and examples for patients to do their own
	Questions. <ol style="list-style-type: none"> Define. What is a healthy eating? (Achieving a better weight, eating balanced/"colorful" diet, portion control, etc.) Overcoming barriers. This sounds so easy, why is it so difficult to do (time, money, transportation; I like food☺, etc.) -Practice drawing "my plate" and make up breakfast, lunch, dinner examples Goals/objectives. Set goal (weight loss if BMI not normal or "colorful" plate if BMI is) and then find 2-3 specific ways to do it this month (go every Monday to store to buy fruits, vegetables; do "my plate", measure food to understand portion control, etc.)
Behavioral	Topic. Mental Barriers to nutrition --Overwhelmed
	Questions. <ol style="list-style-type: none"> Define. What is overwhelmed and what is its relationship to diabetes Overcoming barriers. Why do my thoughts have such an influence on my behaviors? -Discuss the connection between our thoughts and our actions -FICA: (I) - has your spirituality influenced how you take care of your diabetes and health overall? Goals/objectives. Strategies to overcome being overwhelmed
Medical	Topic. Lung Exam
	Supplies. Microfilament, BP w/ XL cuff, scale, excel sheets (BP, height/weight, physical exam), stethoscope
	Before Starting. <ul style="list-style-type: none"> - If anyone needs A1Cs and/or labs, have them get them - Review normal lung exam: clear to auscultation b/l; no rales, rhonchi; breathing comfortably on room air

	<p>Questions.</p> <ol style="list-style-type: none"> Define. How are the lungs and diabetes related? <ul style="list-style-type: none"> - Diabetes and obesity go hand in hand - Obesity causes pressure on the lungs, making it difficult to breathe - Obesity also puts one at risk for sleep apnea (times of not breathing during sleep), resulting in daytime sleepiness, snoring, and “high lung pressure” (pulm htn) Overcoming barriers. <ul style="list-style-type: none"> - Review BMI (also done in social group): what it is, what it means - “ideal” body weight is often not possible (and frustrating) - Focus on 1. Not gaining and 2. Losing 2 pounds/week (if BMI>25) Goals/Objectives. What is something you can do to improve your weight? <ul style="list-style-type: none"> - Buy a scale, check your weight at least weekly - Keep track of your weight and have a goal (ask for thoughts, input)
CHW – Weekly patient questions	<p>Weekly:</p> <ol style="list-style-type: none"> How are your glucose levels? Are you having problems obtaining or taking your medication? Questions or issues? <p>Other (ask through the month at the CHW discretion)</p> <ul style="list-style-type: none"> - What kinds of carbohydrates are you eating?
FOUR	Sex, intimacy, and depression
Social	<p>Topic. Physical Barriers to Preventing Diabetes Complications</p> <p>Questions.</p> <ol style="list-style-type: none"> Define. What does prevention mean to you? (We discussed last time). Are you surprised that controlling your diabetes also helps prevent sexual complications? <ul style="list-style-type: none"> -Name 1-2 ways you are preventing complications (taking medications, weight loss, getting your medications before you run out, etc.) It’s never too late to start! Overcoming barriers. Depression and diabetes are commonly seen together and can be a bad combination (get sad then don’t take meds then worse diabetes control then sadder than don’t take care of self then worse control, etc…) Goals/objectives. Before this spiral happens, what can you do? <ul style="list-style-type: none"> - If you think you have depression, get help (don’t keep it inside). Make an appt with your doctor (one-on-one) - Have 2-3 friends that you talk to at least weekly and are open, keep you accountable to take your medications, etc. - Take care of yourself (exercise if like a natural medications) -Let’s make a plan for this week. What is your goal (maybe get help for depression) and how are you going to meet your goal (make an appt at the clinic, take medications, take care of self, get a social support group, etc.) <p>**if patient has thoughts of (or plan to) harm themselves or others, they need help now. Tell Dr. Vaughan and we need to get help them immediately.</p>
Behavioral.	<p>Topic. Mental barriers to diabetes care (depression)</p> <p>Questions.</p> <ol style="list-style-type: none"> Define. What is depression? Why do think this is so common with diabetes? Allow discussion. <ul style="list-style-type: none"> -Why do you think it is important to discuss complications (such as sexual dysfunction) with your spouse (they may think you are cheating when really you are embarrassed, helps them be more understanding, etc…) -As we’ve discussed, thoughts and actions are connected. For example, connection between our thoughts (depression), actions (don’t eat well or take medications), and outcomes (have difficulties with sexual intimacy/function). -But it is hard to overcome barriers of our thoughts and actions alone. Overcoming barriers.

	<p>FICA. Community -If you are part of a spiritual community, is this a support to you and how? -Is there a group of people you really love or who are important to you? Pass out cards for follow-up: Church Connection to Clinic</p> <p>3. Goals/objectives. Goals and strategies to cope with diabetes complications (starts with your thoughts). **if anyone mentions any current suicidal thoughts or desire, report to the doctor immediately</p>
Medical	Topic. MSK (musculoskeletal)
	Supplies. Microfilament, BP w/ XL cuff, scale, excel sheets (BP, height/weight, physical exam), stethoscope
	Before Starting. <ul style="list-style-type: none"> - If anyone needs A1Cs and/or labs, have them get them - Review normal MSK exam: ROM wnl in upper and lower extremities b/l. Grossly, there is normal motor movements (5/5) and sensation upper/lower extremity bilaterally.
	Questions. <ol style="list-style-type: none"> 1. Define: How is MSK system related to diabetes? <ul style="list-style-type: none"> - Sensation: current or a history of uncontrolled DM leads to pain and then numbness in extremities - Mind/body: increasing flexibility and stretching reduces the risk of headaches, decreases stress, increases overall feelings of wellness 2. Overcoming barriers. <ul style="list-style-type: none"> - Why are flexibility and stretching difficult? - (time, not knowing what to do, fear of hurting self) 3. Goals/Objectives. <ul style="list-style-type: none"> - What is something you can do to improve your flexibility? - Demonstrate 3 simple exercises that they can do at home (one for neck/shoulders, one for hamstrings, one for wrist (lots of carpal tunnel in Latinos))
CHW – Weekly patient questions	<p>Weekly:</p> <ol style="list-style-type: none"> 1. How are your glucose levels? 2. Are you having problems obtaining or taking your medication? 3. Questions or issues? <p>Other (ask through the month at the CHW discretion)</p> <ul style="list-style-type: none"> - How is the sex and depression talk this month relate to your life?
FIVE	Preventive care
Social.	Topic. Physical barriers to prevention
	Questions. <ol style="list-style-type: none"> 1. Define. What does prevention mean to you? -Review recommendations from today (foot exam, vaccines, eye exam) and the \$4 medication examples. Why is this important for prevention (if med is too expensive they can't get it, the doctor may be able to give them a different medication that is cheaper) 2. Overcoming barriers. What are some of the difficulties you have with "prevention" (taking medications, going to appointments, don't feel bad so why do it? etc....) Allow time to share stories of prevention...or people who have not prevented and have seen diabetes complications 3. Goals/objectives. Every Monday I will make sure I have enough medications (or if I need to call the clinic) or I will call to schedule my eye exam on Monday, etc. (make it specific)
Behavioral	Topic. Mental barriers to prevention (coping)
	Questions. <ol style="list-style-type: none"> 1. Define. Define diabetes complications (kidney failure, heart attack, etc.). What does it mean to cope? Allow discussion. -Connection between our thoughts (fear about meds), actions (don't take meds), and outcomes (have heart attack) 2. Overcoming barriers.

	<p>3. Goals/objectives. and strategies to cope with depression and sexual complications from diabetes -FICA: Address in care -How would you like your CHW to address these issues in your diabetes care?</p>
Medical	Topic. HENT (head, eyes, nose, throat)
	Supplies. Microfilament, BP w/ XL cuff, scale, excel sheets (BP, height/weight, physical exam), stethoscope
	Before Starting. <ul style="list-style-type: none"> - If anyone needs A1Cs and/or labs, have them get them - Review a normal HENT exam: Head is atraumatic, PERLA, no nasal discharge, non-boggy nares, mouth is without lesions and throat is free of exudate and erythema
	Questions. <ol style="list-style-type: none"> 1. Define: How does diabetes related to HENT (focus on eyes)? <ul style="list-style-type: none"> - When sugar is high in the blood, arteries are hurt - This includes the arteries in the eyes which are critical to get blood there so you can see - This is why annual eye exams are so important in DM (look for retinopathy or disease of the retina) 2. Overcoming barriers. <ul style="list-style-type: none"> - Have you been able to have your annual eye exam since being diagnosed with DM? - What barriers have you had? (no order, transportation, cost, others?) 3. Goals/Objectives. What is something you can do to improve your eye care? <ul style="list-style-type: none"> - Everyone in the class receives an order for an eye exam if they have not had one in the last six months - Have you scheduled your eye exam? If not, how can we help you?
CHW – Weekly patient questions	<p>Weekly:</p> <ol style="list-style-type: none"> 1. How are your glucose levels? 2. Are you having problems obtaining or taking your medication? 3. Questions or issues? <p>Other (ask through the month at the CHW discretion)</p> <ul style="list-style-type: none"> - Have you received a referral to see an eye doctor? Have you had that appointment?
SIX	Exercise
Social	Topic. Physical Barriers to Exercise
	Supplies. Simple exercise equipment (e.g., 2L coke bottle for weights)
	Questions. <ol style="list-style-type: none"> 1. Define. What does exercise mean to you? Help them understand “the wheel” and why exercise (cardio, strength, and flexibility...there are several types of exercise....) 2. Overcoming barriers. Name 1-2 reasons that exercise is hard for you. 3. Goals/objectives. Help them develop an exercise plan by naming 1-2 ways to get there (such as spend 20 minutes daily exercising Monday through Friday, having a friend to exercise with/keep them accountable, not just focus on one type of exercise, etc.) -Spend 10-15 minutes doing exercises.
Behavioral	Topic. Mental barriers to exercise
	Supplies. Survey Read out loud and ask everyone to fill out the survey together (just in case someone cannot read). I think you will need 10-15 minutes to do the survey. Afterwards you can teach “mind exercises” (see below)
	Questions. <ol style="list-style-type: none"> 1. Define: General description of diabetes and our minds...how are they connected? 2. Overcoming barriers. After today’s survey, would someone like to share the changes you have since last class regarding diabetes-related depression or stress? FICA: Address -How can we help you meet your spiritual needs? -Pass out cards from Vida Nueva if they did not fill out month 4

	3. Goals/objectives. "Exercising the mind". Names time, day -be specific
Medical	Topic. Skin
	Supplies. Microfilament, BP w/ XL cuff, scale, excel sheets (BP, height/weight, physical exam), stethoscope
	Before Starting. <ul style="list-style-type: none"> - If anyone needs A1Cs and/or labs, have them get them - Review normal skin exam: focus on no acanthosis nigricans i.e., back of neck; foot-no toenail fungus, no tinea pedis
	Questions. <ol style="list-style-type: none"> 1. Define: How is diabetes related to the skin? <ul style="list-style-type: none"> - Acanthosis nigricans: darkened areas on skin (usually back of neck or body folds) seen in a variety of conditions including insulin resistance from obesity - "Athletes foot" or fungus between the toes is important to treat as it can break down the skin, risking an infection in diabetes - Fungus can be treated by over the counter clotrimazole (you do not need a script). Follow the directions on the bottle 2. Overcoming barriers. <ul style="list-style-type: none"> - We have talked a lot about obesity. What have you learned about your barriers and how have you overcome them during class? - We have also discussed foot care. What have you done to improve your foot care? 3. Goals/Objectives. What is something you can do to improve your weight and foot care? <ul style="list-style-type: none"> - Weight: help make objectives to continue beyond class - Foot fungus: prevention for fungus best with no socks, sandals to let your feet "breathe"
CHW – Weekly patient questions	Weekly: <ol style="list-style-type: none"> 1. How are your glucose levels? 2. Are you having problems obtaining or taking your medication? 3. Questions or issues? Other (ask through the month at the CHW discretion) <ul style="list-style-type: none"> - Have you found an exercise partner?
NINE	Tobacco & Alcohol
Social	Topic. Physical Barriers to Avoiding Tobacco and Alcohol
	Supplies. AA, ALANON & Smoke cessation resources
	Questions. <ol style="list-style-type: none"> 1. Define. What are the complications of tobacco and alcohol to patients with diabetes? Help the patient understand all tobacco is harmful and how alcohol abuse damages their relationships and health; why quitting is important for their health. 2. Overcoming barriers. Name 1-2 reasons that quitting tobacco or alcohol is hard for you? Help patients understand what is stopping them from quitting 3. Goals/objectives. Help them develop a plan about quitting tobacco or alcohol by naming 1-2 ways to ask for help and seek medical help and by having a friend to keep them accountable. Help patients understand why accountability is important and why it works
Behavioral	Topic. Mental barriers to avoiding tobacco and alcohol
	Supplies. AA, ALANON & Smoke cessation resources
	Questions. <ol style="list-style-type: none"> 1. Define: General description of tobacco and alcohol in relation to diabetes management...How are they connected? Help the patient understand all tobacco is harmful and how alcohol abuse damages their relationships; why quitting is important for family life. 2. Overcoming barriers. What mental barriers are stopping you from quitting? Help patient identify emotional triggers that may push them into unhealthy behaviors 3. Goals/objectives. Help patients develop a plan about quitting tobacco or alcohol by

	<p>recognizing emotional triggers. FICA: Community: Seeking help (community resources)</p>
CHW -patient weekly questions?	<p>Every week:</p> <ol style="list-style-type: none"> 1. How are your blood sugars doing? 2. Any issues getting or taking your medications? 3. Any questions or concerns? <p>Other (throughout the month per CHW discretion)</p> <ul style="list-style-type: none"> - Have you evaluated whether you or a family member may need help? - Can we help in finding community resources near your area?
TWELVE	Living Strong – Getting my family on board
Social	Topic. Physical Barriers to Getting Family On-Board
	<p>Supplies. My plate for kids, ideas to include family in exercise.</p> <p>Questions.</p> <ol style="list-style-type: none"> 1. Define. What are the complications when family does not support patients with diabetes in proper diabetes management? Help the patient identify/understand how family relationships are important short and long-term to maintain a healthier lifestyle. 2. Overcoming barriers. Name 1-2 ways family can slow down or deter patients from healthier lifestyles. Help patients understand why addressing these issues is necessary. 3. Goals/objectives. Help them develop a plan about addressing issues and getting the family involved in healthier lifestyles. Help patient develop goals/plan to address these issues.
Behavioral	Topic. Mental barriers to getting family on-board
	<p>Supplies. Survey Read out loud and ask everyone to fill out the survey together (just in case someone cannot read). You will need 10-15 minutes to do the survey.</p> <p>Questions.</p> <ol style="list-style-type: none"> 1. Define: General description of barriers to getting our family involved in helping with diabetes management. How is family support important? Help the patient identify and understand all damaging thoughts and ideas that they grew up with and how these can hurt our health; why better and more active health priorities are important for family life. 2. Overcoming barriers. What mental barriers in your family are stopping you from being more successful in managing diabetes? Help patient identify emotional barriers that contribute to bad habits. 3. Goals/objectives. Help patients develop a plan to get their family involved in their diabetes management. Helping our family see the importance of better habits will benefit the whole family. <p>FICA: Community: Seeking help (community resources)</p>
CHW -patient weekly questions?	<p>Every week:</p> <ol style="list-style-type: none"> 1. How are your blood sugars doing? 2. Any issues getting or taking your medications? 3. Any questions or concerns? <p>Other (throughout the month per CHW discretion)</p> <ul style="list-style-type: none"> - Have you spoken to your family on whether they could help you in your healthier lifestyle?