

Exercise for Diabetic Patients

Statement of Need:

- The reason for this health education is to remind diabetic patients of the importance behind exercising. According to the Centers for Disease control and Prevention, exercising can help improve health and manage one's diabetes. Exercising can make the body more sensitive to insulin and control blood sugar levels. Exercising has also been proven to lower the risk of heart disease and nerve damage, which many diabetics are at risk for.

List of Goals

- Educate the patient on the importance of exercising
- Educate the patient the various forms of exercise

Objectives

- Upon completion of this health education the patient should be able to:
 - Demonstrate an understanding of how many hours a week of exercise is needed
 - Verbalize different exercises they will try to implement in their week
 - State the importance of carrying a snack high in carbohydrates and checking blood sugar before and after exercising

Program Chart

- **Introduction**
 - Ask patient if they exercise regularly
 - “Are there any forms of physical activities you enjoy doing during your free time?”
 - **Time Frame:** 3 minutes
 - **T-L Strategies:** Question and Answer
- **Teaching**
 - **Objective**
 - Educate the patient on the importance of exercising
 - Educate the patient on the various forms of exercising
 - Educate the patient on the importance of checking blood sugar before and after exercising and always carrying a snack with carbohydrates
 - **Content**
 - Give the patient a pamphlet discusses the importance of exercising
 - Educate the patient on different ways to exercise and discuss how to implement one they enjoy
 - Discuss open-ended questions regarding the pamphlet and exercising in general
 - **Time Frame:** 12 minutes
 - **T-L Strategy:** Audiovisual learning strategy/ Discussion

- **Summary**
 - **Objectives**
 - Reiterate the main details in the health education
 - **Content**
 - Summarize the main points in the pamphlet and discuss with patients
 - Talk about one activity they will engage in or continue to engage in to become more active
 - **Time Frame:** 5 minutes
 - **T-L Strategy:** Repetition
- **Evaluation of the patient**
 - **Objective**
 - Evaluate the patients understanding
 - **Content**
 - Ask the patient questions regarding the teaching and main topics discusses
 - Have the patient repeat what was discussed to see what was obtained during teaching
 - **Time Frame:** 5 minutes
 - **T-L Strategy:** Teaching-back Method
- **Questions regarding teaching**
 - **Objective**
 - Answer any questions on topics the patient may not understand
 - **Content**
 - Have the patient discuss if there is anything they did not understand
 - Allow the patient the opportunity to ask questions
 - **Time Frame:** 8 minutes
 - **T-L Strategy:** Question and Answer
- **Evaluation**
 - The effectiveness of my health education will be determined by the response from diabetic patients on the topic of exercise. The patients will be asked the importance behind working out, things to be aware of before working out, and different ways to implement exercise into their daily schedule. The patient will also be asked to teach the topic to analyze the patients understanding on the topic.
- **Reflection**
 - The goal was met, the diabetic patients were able to verbalize the importance of implementing exercise into their schedules.
 - The objective was met, the diabetic patients were able to verbalize the number of hours in a week that is recommended for exercise. The patients were also able to verbalize important things to do before exercising and afterwards.
 - The patients were able to put the information taught in their own words when asked.

3

Umeh

- o The audience showed signs of satisfaction after the education and asked if they were able to keep the pamphlet.

Reference

Get Active! | Diabetes | CDC. (2021, May 6). Centers for Disease Control and Prevention.

Retrieved June 17, 2022, from <https://www.cdc.gov/diabetes/managing/active.html>