

Diabetes Education Checklist

Name:
Health Card No:
Date:

Diabetes Topic	Education Completed	Handout/Supplies Provided
An Introduction to Diabetes		
Target Blood Glucose Levels for Diabetes		
Blood Glucose Monitoring and How to Obtain a Blood Sample <ul style="list-style-type: none"> • Meter Provided 		
Hypoglycemia= Low Blood Glucose <ul style="list-style-type: none"> • Glucose Tablets Provided 		
Healthy Eating Tips for Diabetes		
Instructions for Going Home		
Diabetes Education Center Referral Sent <ul style="list-style-type: none"> • Business Card Provided 		

MAHC Diabetes Centers



Bracebridge Site:

205 Hiram Street,
2nd Floor
P1L 2C1
Bracebridge, ON
(705) 645-8824
(705) 645-3983 (fax)

Huntsville Site:

100 Frank Miller Drive
Huntsville, ON
P1H 1H7
(705) 789-2311 ext. 2312
(705) 789-0073 (fax)

An Introduction to Diabetes

More than 3 million Canadians have Diabetes

Diabetes is a condition in which your body cannot properly use and store food for energy. The fuel that your body needs is called glucose, a form of sugar. Glucose comes from foods such as fruit, milk, some vegetables, starchy foods and sugar.

To control your blood glucose you will need to eat healthy foods, be active and you may need to take pills and/or insulin.

There are two main types of diabetes

Type 1 Diabetes: usually diagnosed in children and adolescents, occurs when the pancreas is unable to produce insulin. Insulin is a hormone that controls the amount of glucose in the blood. Approximately 10 per cent of people with diabetes have type 1 diabetes.

Type 2 Diabetes: occurs when the pancreas does not produce enough insulin or when the body does not effectively use the insulin that is produced. Type 2 diabetes usually develops in adulthood, although increasing numbers of children in high-risk populations are being diagnosed.

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Healthy Eating Tips for Diabetes



1. Eat 3 meals each day, including breakfast.
2. Try not to skip meals.
3. Space meals 4-6 hours apart.
4. Breakfast, lunch and supper should be about the same size.
5. Avoid very large or very small meals.
6. Have one piece of fresh fruit at each meal.
7. Limit juice to 1/2 cup per day.
8. Limit your intake of high fat foods, including deep fried or fried foods.
9. Limit meat portions to the size of the palm of your hand and choose fish or skinless poultry more often.
10. Be careful of added fats! Choose low fat or fat free dressings or spreads.

Telehealth Ontario: 1-866-797-0000

Eat Right Ontario: 1-877-510-5102

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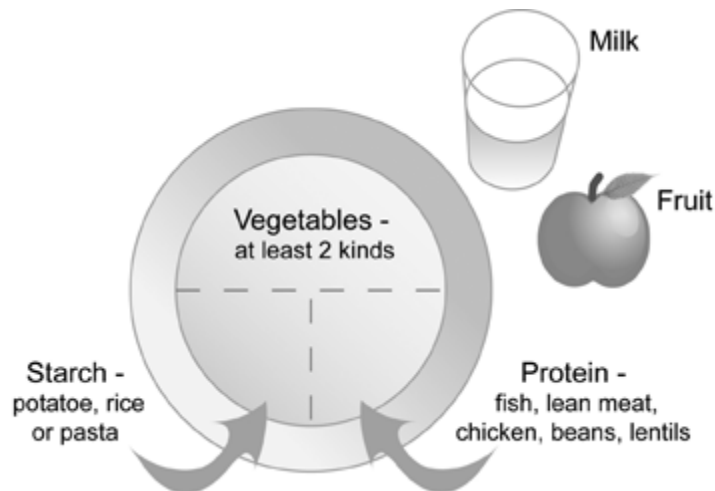
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Space on the Plate Meal Plan



Handy Portion Guide

Your hands can be very useful in estimating appropriate portions. When planning a meal, use the following portion sizes as a guide:



A **thumb** equals 25 g of most cheeses. So 2 thumbs equal a serving.

A **thumb-tip** equals a teaspoon. Three thumb-tips equal a tablespoon, about the amount of milk you'd put in coffee.



A **palm** equals a serving of meat, fish or poultry. That's without fingers and thumb!



A **fist** equals a cup. A fist would be 1 1/3 servings of yogourt. A fist size of raw leafy greens would be a serving of lettuce.

Hypoglycemia = Low Blood Glucose

A hypoglycemic reaction can happen quickly! You will need help to treat a severe reaction.

How you may feel:



- ◆ Trembling, shaky



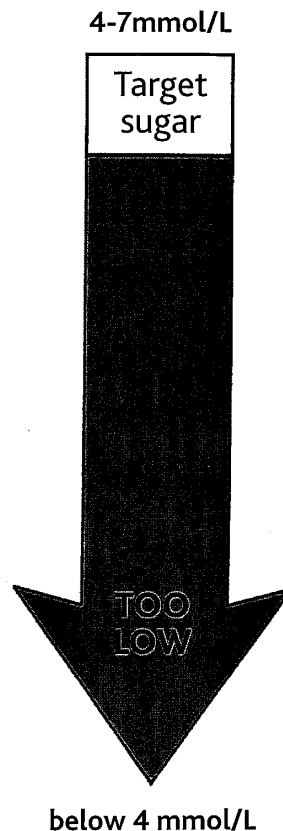
- ◆ Sweaty



- ◆ Difficulty concentrating or thinking



- ◆ Hungry



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Conditions that can lead to low blood glucose:

- Eating less than usual
- Delayed meals or snacks
- More physical activity than usual
- Taking too much medication (diabetes pills or insulin) or a change in medications
- Drinking alcohol
- Recent weight loss

What You Need to Do:

1. Don't wait. Act now! When in doubt, treat as a low blood sugar.

- **Treat with 15 g glucose such as:**
4 DEX4 tablets
1/2 cup (125 ml) juice or regular pop
1 tbsp honey, sugar or corn syrup

2. Follow-up.

- Check your blood glucose after 15 minutes. If less than 4 mmol/L or symptoms continue, treat again with 15 g glucose.
- If your usual meal is more than 1 hour away, you need a snack of slower-acting foods. An example might be 7 crackers and cheese.

3. Check your blood glucose before and after treating low blood glucose, if possible.

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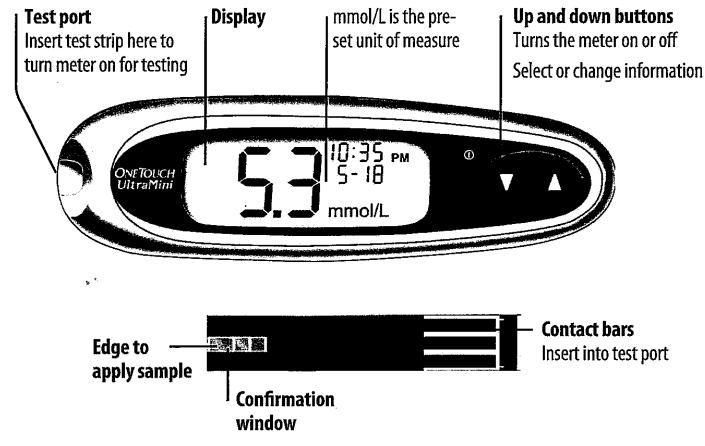
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One Touch UltraMini Instructions



1. Insert a test strip.

2. Get a drop of blood (see next page).

- Actual size of blood drop

3. Apply the drop of blood and read the result. Touch and hold the drop of blood to the narrow channel in the top edge of the test strip.

For additional information, contact: 1-800-663-5521 (Lifescan)

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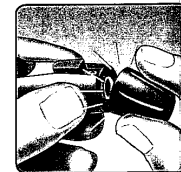
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Getting a Blood Sample- Using the Lancing Device

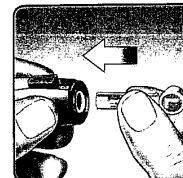
*Preparing your sample site: Before you test your blood glucose, wash your hands thoroughly with warm, soapy water. Rinse and dry.

Lancing and Sampling from your Fingertip

1. Remove the blue (or black) cap of lancing device by snapping it off.



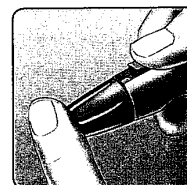
2. Insert a sterile lancet into the lancing device. You must take off the round tip to expose the needle.



3. Replace the blue (or black) cap by snapping it back on.

4. Adjust the depth setting.

5. Cock the lancing device.



6. Puncture your finger. We suggest using the side of your finger.

7. Get a round drop of blood.

- Actual size of blood drop

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Instructions for Going Home

It is important to know the times when you need assistance. Hyperglycemia (high blood glucose) and hypoglycemia (low blood glucose) can both become serious conditions if left untreated.

When to Call Your Doctor or Visit Emergency

If you are experiencing hyperglycemia:

- More than 2 readings/day for 2 consecutive days are higher than 14 mmol/L OR
- You are experiencing symptoms such as nausea, vomiting, blurry vision, urinating more than usual, feeling weak or tired, or unable to eat or drink

If you are experiencing hypoglycemia:

- More than 2 readings/day are less than 4 mmol/L OR
- 3-4 low readings in a week OR
- Any severe low blood glucose where you need help

It is important to contact the **Diabetes Education Center** as soon as possible to book an appointment.

Telehealth Ontario: 1-866-797-0000

Call 911 immediately if you have:

- Chest pain or pressure
- Shortness of breath
- Fainting or unconsciousness
- Seizure

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