

FIGURE 7.1. Handout for Diabetes Goal Setting

Diabetes Goals

Checking Blood Sugar Levels

My health care provider recommends that I check my blood sugar levels ____ times per day, at these times:

- ___ When I get up in the morning
- ___ Before breakfast
- ___ Before lunch
- ___ Before dinner
- ___ Before snacks
- ___ Before exercise
- ___ Other: _____

Physical Activity

I plan to exercise ____ times per week.

Days (circle): M Tu W Th F Sa Su

Time(s) of day: _____

Type of activity: _____

Duration: _____ minutes

Location: _____

I can help myself meet my goal by: _____

Eating Patterns

Two achievable, specific changes I will make to improve my eating patterns and food choices over the next 2 to 4 weeks include:

1. _____
I can help myself meet this goal by: _____
2. _____
I can help myself meet this goal by: _____

Other Specific Goals for Managing Diabetes

1. Goal: _____
When, where, how often? _____
2. Goal: _____
When, where, how often? _____

FIGURE 7.2. Handout for Diabetes Self-Monitoring

Diabetes Self-Monitoring

Date _____

Eating (Carbohydrates)

Food	Time	Carb Count
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Medication

Type	Amount	Time
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Physical Activity

Type	Duration
_____	_____
_____	_____
_____	_____

Blood Sugar Readings

Blood Sugar	Time
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Stress Level Today (0 to 10 scale; 0 = none, 10 = severe)

Rating: _____

Relevant Factors: _____

FIGURE 7.3. Resources for Patients With Diabetes: Websites, Mobile Applications, and Books (*continues*)

Type	Location	Description
Websites	American Diabetes Association (https://diabetes.org/)	Provides information about symptoms, diagnosis, and management of diabetes, as well as links to additional resources. Sections include strategies for living with diabetes; understanding complications and treatment options; and tips for food, fitness, and weight loss.
	National Institute of Diabetes and Digestive and Kidney Diseases (https://www.niddk.nih.gov/health-information/diabetes)	Contains information on a wide range of diabetes-related topics, informed by research and reviewed by physicians. Topic areas include (but are not limited to) symptoms, diagnostic tests, types and causes of diabetes, medications and other treatments, special populations, complications, and strategies for managing diabetes.
	Centers for Disease Control and Prevention (https://www.cdc.gov/diabetes)	Provides diabetes-related resources for professionals and patients. Includes a toolkit for diabetes self-management education and support.
Mobile applications	Honey Health: Conquer Diabetes (Apple iOS)	Connects user to expert creators and communities where the user can engage in topics related to improved self-management of diabetes.
	Glucose Buddy (Apple iOS and Android)	Provides a way to log blood glucose levels, medication use, eating behaviors, and exercise. Users can view charts that include blood sugar, medication, and food levels; customize their desired blood glucose target range; and see estimates of A1C test results based on logged blood sugar levels.
	MyFitnessPal (Apple iOS and Android)	Allows the user to input and track food consumption and physical activity. Includes tracking carbohydrate consumption as well as a recommended low carbohydrate diet. Requires payment for some features.

FIGURE 7.3. Resources for Patients With Diabetes: Websites, Mobile Applications, and Books (*continued*)

Type	Location	Description
Books	<i>The Official Pocket Guide to Diabetic Food Choices</i> , 5th ed. (American Diabetes Association, 2020)	Details the exchange list system to help plan meals, choose the healthiest foods, and estimate the right portions. By grouping similar foods into exchangeable portion sizes, people with diabetes can create meals specifically designed to help them control their blood glucose and lose weight. This proven system is the most popular approach to diabetes meal planning and has been used by dietitians, diabetes educators, and millions of people with diabetes for over 70 years.
	<i>The Diabetes Carbohydrate & Fat Gram Guide: Quick, Easy Meal Planning Using Carbohydrate and Fat Gram Counts</i> , 5th ed. (Holzmeister, 2017)	Provides complete nutrition information on 8,000 menu and food items. Contains complete nutrition information on calories, carbohydrates, fat/saturated fat, cholesterol, sodium, fiber, and protein, as well as diabetic exchanges for all entries.
	<i>Mayo Clinic: The Essential Diabetes Book: A Complete Guide to Prevent, Manage and Live With Diabetes</i> , 3rd ed. (Castro, 2022)	Includes information on the prediabetes stage and types of diabetes, symptoms, and risk factors. Covers treatments and strategies for managing blood sugar, how to avoid serious complications, insulin delivery, and new medications.

Diabetes Advise Phase Script—Chapter 7

It sounds like you're feeling a bit overwhelmed by all the changes you've been asked to make to better manage your diabetes. You've been told by your health care providers that you should take your medicine regularly, check your blood sugar more often, lose weight, exercise daily, manage your stress better, and decrease your use of alcohol. That is certainly a lot of change and it's not surprising that you feel overwhelmed at times. However, you're aware that not making changes can lead to some bad health complications in the future. One positive aspect is that many, if not most, of these negative outcomes can be prevented through changes in your behavior. Certainly, some aspects of diabetes are outside of your control. Nevertheless, there are many aspects that you can control—changes that you can make—that will help you stay healthier longer. Sometimes it is easier to treat diabetes like a marathon, rather than a sprint, and to pace how you make these changes in your life.

Because of what you've told me today and what your health care providers have shared with me, I have some specific suggestions for changes we could work towards that can improve your management of diabetes and your long-term health. Two suggestions in particular stand out at this point. One is to increase how often you are checking your blood sugar, as a first step toward getting it under better control. Knowing your blood sugar levels will allow you to take steps needed to keep your blood sugar from getting (or staying) so high. These steps could involve taking medicine, cutting back on your carbs, or going for an extra walk, for example. Over the long term, keeping your blood sugars in a healthier range will help prevent some of the medical problems associated with diabetes. A second suggestion is to increase your physical activity. Results from research suggest that if you begin and maintain regular physical activity, you will gain better control of your blood sugar. Again, this should help to prevent many of the long-term complications of diabetes. Do these two recommendations make sense to you? What questions do you have? Why do you think it might be important to focus on these areas?