

Diabetes Education Empowerment Program

Coaching Requirements

<p>Meeting One: Introduction Obtaining the Pastor's Commitment</p>	<p>At the first meeting, CHW are to introduce DEEP to the pastor and or designee with a brief overview of the program. The goal is to get the Pastor's commitment.</p> <p>As the leader of the church, the pastor's support sends a clear message to the congregation. It helps church members see the link between physical health and spiritual wellbeing.</p>
<p>Meeting two: Church activities that promote diabetes prevention Discuss Kick-Off Event</p>	<p>At the second meeting, CHW should introduce DEEP to the entire congregation. At this meeting, persons meeting the criterium for participation should be recruited. The CHW can solicit the help of the church coordinator or pastor to help with the scheduling of the DEEP Kick-off Event.</p>
<p>Meeting three: Kick-off Event</p>	<p>Host Kick-off Event. At this event CHW should:</p> <ol style="list-style-type: none"> 1. Inspire member to take charge of their health; 2. Secure participant's commitment; 3. Conduct clinical assessment (height, weight, blood pressure, and blood sugar) 4. Outline the schedule of activities for the remainder of DEEP and follow the sessions as highlighted below. 5. Complete Pre-test
<p>Session 1: Beginning Sessions and Understanding the Human Body</p>	<ul style="list-style-type: none"> • Exercises to establish trust and solidarity among group members and to obtain the motivation and participation of all. • Description of the functioning of the human body and its relation to diabetes • Strategies to manage and control diabetes with the goal of beginning to reinforce the importance of self-care principles
<p>Session 2: Understanding Risk Factors for Diabetes</p>	<ul style="list-style-type: none"> • The definition, classification and symptoms of diabetes • Risk factors and the Weekly Action Plan
<p>Session 3: Monitoring Your Body</p>	<ul style="list-style-type: none"> • The diagnosis of diabetes, hypoglycemia, hyperglycemia, and ways to control these • Diabetes management and the benefits of the glucose meter
<p>Session 4: Get up and Move! Physical Activity and Diabetes</p>	<ul style="list-style-type: none"> • Motivating participants to perform some physical activity on a regular basis and to incorporate exercise as a method to control diabetes
<p>Session 5: Controlling Diabetes through Nutrition</p>	<ul style="list-style-type: none"> • Concepts and basic nutritional terms that allow participants to make correct decisions when selecting foods, including using food labels • Portion control
<p>Session 6: Diabetes Complications: Identification and Prevention</p>	<ul style="list-style-type: none"> • The main complications of diabetes • The different specialists and health care team available for prevention and control
<p>Session 7: Learning about Medications and Medical Care</p>	<ul style="list-style-type: none"> • Medications available for the control of diabetes, hypertension, high cholesterol and triglycerides • Medications' mechanisms of action, recommendations, cautions and side effects • How to improve communication with health care providers
<p>Session 8: Living with Chronic Disease: Mobilizing Family and Friends</p>	<ul style="list-style-type: none"> • Emotional aspects of chronic disease, such as stress and depression • Patients' rights • How to involve family and friends in the self-care program • Conduct clinical assessment (height, weight, blood pressure, and blood sugar) and complete Post-Survey