

## Meeting 11



## You and Your Diabetes Team

### Welcome!



Welcome to Meeting 11: You and Your Diabetes Team. We are glad you could join us to talk about another important topic.

During these past few months we said that by asking questions you become an active partner in your diabetes care. It is important to work with your provider and diabetes team to get the best care possible.

Today, we are going to talk about several ways you can do this, and about all the people that should be part of your diabetes team.



Before we start, let's visit with Uncle Tommy and Kaipo.

Uncle, Kaipo, and the rest of the family are going to plan their garden. Uncle Tommy and Auntie Nani have two acres of land that they use to grow food for the family. Every year the family gets together to decide what to plant. Uncle calls the family over to dinner to make plans for planting.



“We need to think and plan wisely this year. We did not have the rain that we have had in the past so we may not have a lot of water,” said Uncle. Everyone agreed. They discussed their options and decided to plant corn, taro, papaya, and some pumpkins.

The next day before sunrise, Kaipo and the rest of his family went to Uncle Tommy and Auntie Nani’s house to plant the foods they had planned on. The family worked hard together and had the garden planted before the sun set.



“Uncle, we work well together, don’t we?” asked Kaipō. “We sure do,” Uncle said with a smile. “You know that when it is a team effort, it makes it a lot easier to get things done.”



Kaipō looked at the garden and then at his Uncle. “Uncle, you know all those things about diabetes you were telling me, and how you take care of yourself?” Uncle nodded.



“Well, you also told me that you work with your doctor and the people at the clinic to keep you healthy. It’s just like the family working together on the garden, isn’t it? We worked as a team just like you work with a team in the clinic to take care of yourself,” smiled Kaipō.



“Yes, you are right, Kaipō. You have a good memory!” said Uncle. “If everyone works together, a person will have an easier time getting things done, whether it’s planting a garden like we did today, or taking care of their health. Come on Kaipō, let’s walk together to the house. Auntie is waiting for us so we can all eat together.”



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## Partners



The messages about diabetes that Uncle Tommy has passed onto Kaipo are important for everyone to remember.

Let's talk about the many different partners on a diabetes team. Do you think of yourself as one of the partners on the diabetes team? I hope you do!

In fact, YOU are the most important partner! You have the most important role when it comes to taking care of your health and diabetes. You are the CAPTAIN of the team!

When taking care of your diabetes, what do you think your role as a partner is? For example, one of your roles could be to keep track of your blood sugar and share your logbook with your provider at each visit. Can you think of other activities or roles you perform as a partner on your diabetes team?

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## You and Your Diabetes Team

### Your Role as a Partner



Here is a list of other your roles you may have:

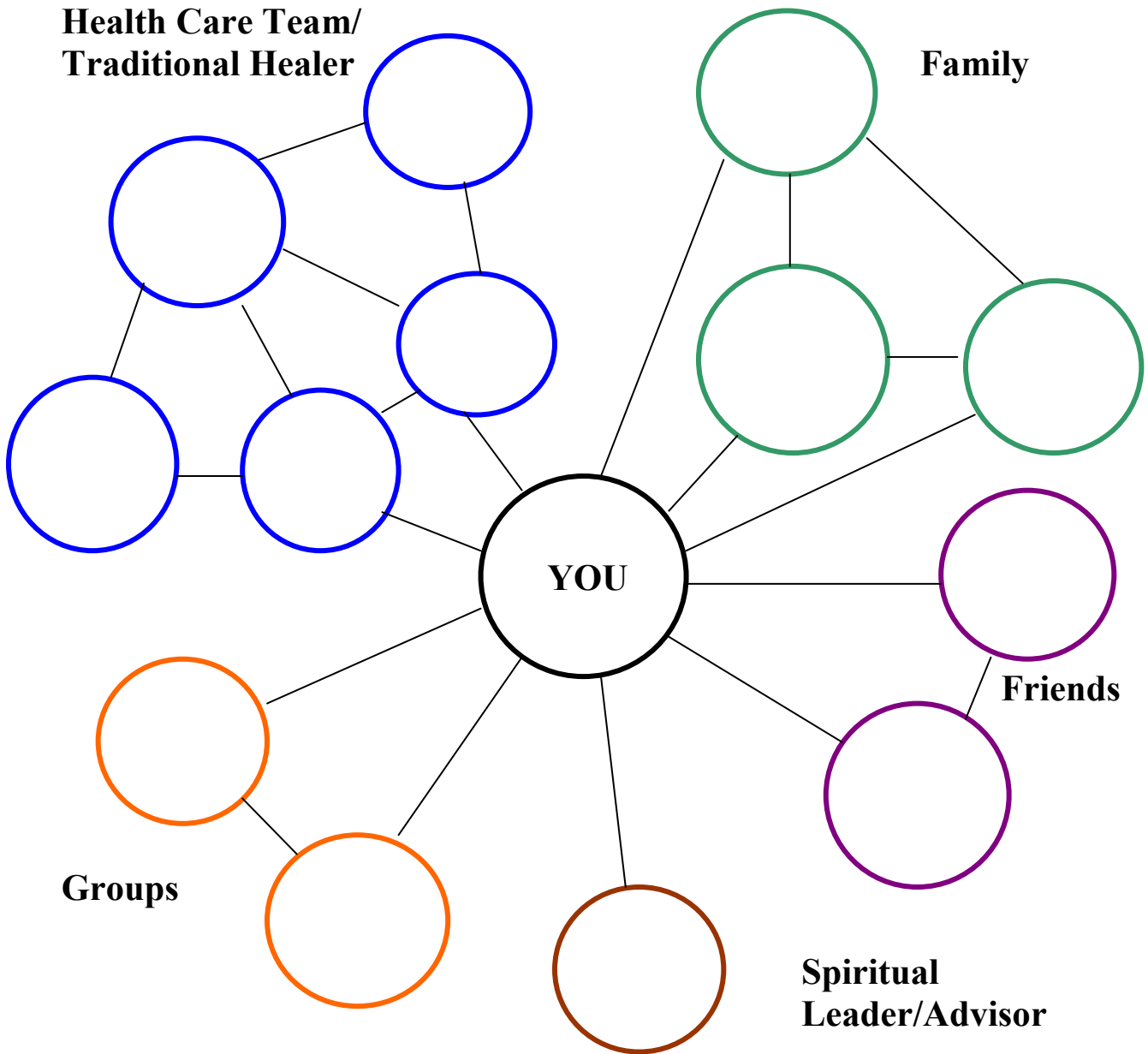
- Visit with your diabetes team every three or four months, even if you feel fine.
- Bring to your clinic visit:
  - your glucose, eating and exercise logbook and review it with your provider.
  - list of questions you want to ask your provider and ASK them.
  - your meter to the clinic so that your provider can look at the results and make certain it is working the right way.
- At every clinic visit:
  - get glucose tested
  - get weight and blood pressure checked
  - get feet checked
  - set reasonable goals for glucose, blood pressure, cholesterol and triglyceride numbers with your provider
- Get an A1c test every three to six months and ask for the number
- Yearly exams:
  - foot exam with the monofilament to check for feeling and circulation
  - dilated eye exam
  - a kidney test with blood and urine test
  - a dental exam

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Now that we have talked about your role as the most important partner on the team, write in other partners of your diabetes team in the circles. These can be people that are already part of your team, and people you would like to include as part of your team.



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## Family



It is good to identify partners who can help you stay on the path towards glucose balance. Let's talk about how they can help you stay in balance with diabetes.

First, let's talk about family. We all need different things, so your family members will have many different roles. Some people might want family members to help them eat low-fat, low-sugar meals, while others may want a family member to talk to about how they are feeling. What would you like your family members to do to help you keep glucose in balance?

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We all need some kind of help at some time in our lives. If you need to ask someone to help you with something, here are 5 steps you may find useful:

1. Choose the right time.
2. Introduce your idea.
3. Say what you need.
4. Say why you need their help.
5. Thank them for their time and support.

Let's listen to a story about a woman who wants to change what she eats but is having a hard time getting support from her family. Then we will talk about what she can do to solve her problem.

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### Friends



Another set of circles is your friends. Just like your family, you may have different roles for your friends.

What you would like them to do to help you keep your glucose in balance and give you support?

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### Spiritual Leader or Advisor



You may have also identified a spiritual leader or advisor. Their roles may also be different for each and every one of you. Only you can know what those roles would be and what you need.

Take a few minutes to write down what you may want to ask them.

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### Provider (Doctor, Physician Assistant, or Nurse Practitioner)



Now let's talk about the roles of providers. These roles will depend on what their specialty of health care is. Health care providers give routine health care. They should:

- Check your feet, blood pressure, cholesterol, triglyceride and glucose numbers,
- Review the A1c test results and other tests since your last visit,
- Address any new health problems,
- Listen to your concerns and answer questions you may have,
- Explain treatment plans,
- Review your logbook and work with you on future goals.

Many patients don't feel comfortable talking with their doctor. But if you have diabetes, talking with your doctor is one of the best ways to stay healthy and to prevent problems.

### Role Play

In the role play on the next page, Mrs. Spencer is seeing her doctor today and she has a question about her medicine. Let's see how the visit goes.

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**Dr. Mau:** Well, Mrs. Spencer, it looks like you are doing fine today. Do you have questions about anything?

**Mrs. Spencer:** I am confused about my medicine and how I am supposed to take it. My neighbor is taking the same pill as I am, and she told me that she only takes her medicine when she feels bad. Should I take them the same way?

**Dr. Mau:** The pill that you are taking helps your body use the insulin it makes, and it lowers your blood sugar and keeps it down. You should take the medicine the way it says on the bottle or it won't work the way it is supposed to. Don't wait until you feel bad to take the medicine. Do you have any problems in taking your medication on time or with meals?

**Mrs. Spencer:** Well, don't get mad, but sometimes I forget to take it.

**Dr. Mau:** A good way to remember if you have taken your medicine is to write it down on a calendar that you use every day or in your logbook. This way, it is a daily reminder that you have taken your medicine. We can also get you a pill box from the pharmacy if it would help.

**Mrs. Spencer:** I will write it down in my logbook, since that is where I keep a record of my blood sugar.

**Dr. Mau:** That's a great idea. If you have any other questions, write them down and bring them with you to your next visit. That way we can sit and talk about them.

**Mrs. Spencer:** Thank you for helping me to understand about the medicine. I will see you next time.

If you have questions for the doctor, write them down and practice asking them to someone before you go to the clinic. It helps!



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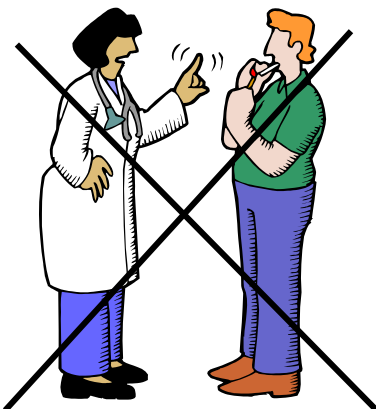
## You and Your Diabetes Team

### Prepare for the visit



### Talk with Your Doctor

### Be an Active Partner



Here are 3 steps you can use that may help you and your doctor work together more effectively:

1. **Prepare** – this means taking a few minutes **BEFORE** your doctor's appointment to think about what **YOU** want to talk to your doctor about. Write your questions down and take them with you to the clinic. It can also help to bring your blood sugar logbook and list of medicines you are taking.
2. **Talk with your doctor** – when you see your doctor, show him/her the list of items that you want to talk about. Many doctors don't have enough time to talk things over with patients, but if you come prepared, you can get more out of your doctor's visit.
3. **Be an active partner** – this means that you and your health care provider need to work together to control your blood sugar and prevent diabetes complications.

Not all doctors are alike. If you feel you cannot talk with your doctor, or if the doctor insults, threatens, or scares you when your diabetes is off track, it is time to find a new doctor.

You shouldn't feel bad or afraid to change your healthcare provider. You deserve a doctor who can address your needs and work with you to keep your diabetes in balance.

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### Certified Diabetes Educator



A certified diabetes educator (CDE) is a health professional (usually a nurse or dietitian) with training in teaching people with diabetes about self-care.

Did you identify this person as part of your team? Other people at the clinic, such as nurses, may teach people about diabetes if they do not have a certified diabetes educator. Here are some things CDE's and nurses do:

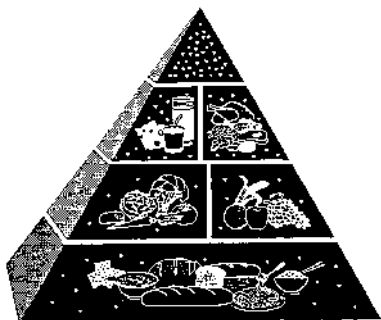
- Provides diabetes education and tells you everything you have wanted to know about diabetes but were afraid to ask.
- Teaches glucose monitoring, and practices with you so that you feel comfortable doing the monitoring yourself.
- Reviews the logbook – looks at glucose numbers, eating plan, exercise plan, and medicine you are taking.
- Helps you work on target goals and plans to get your glucose numbers in balance including eating and exercise plans.
- Explains the results of lab tests and other clinic tests.
- Provides yearly meter checks to make sure that it is working properly.
- Refers you to other partners of the diabetes team, as needed.

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### Registered Dietitian or Nutritionist



The role of the dietitian or nutritionist is to:

- Review the logbook for glucose numbers, exercise and eating plans.
- Answer any questions and concerns about nutrition, meal planning, shopping for foods, and eating out.
- Work with you on developing diabetes care plans and goals.
- Work with you on developing meal plans based on your needs and diabetes goals.

### Pharmacist



The role of the pharmacist is to:

- Fill your medicine prescriptions and explain the names, doses, and information about how to take the medicine.
- Explain how the medicine works.
- Explain any possible side effects that are known with the medicine.
- Explain how to get your medicine refilled by you or your family members.
- Answer any questions and concerns about the medicine.
- Explain any change in the medicine, such as dose, or time to take.

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## Other Partners?



Are there any other partners on your diabetes team that we didn't talk about? Write them down and what you need from them.

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## Support Groups



Before we finish, let me tell you about other partners of a diabetes team that you can ask for help and support from.

These other partners are groups, such as a support group, that may be in your community. Is there a diabetes support group in your community?

The American Diabetes Association (ADA) is also available for support. Do you know how to get in touch with the national office of ADA? They have a toll-free phone number to get information about diabetes. The number is 1-800-DIABETES. The web address is [www.diabetes.org](http://www.diabetes.org). The local ADA phone number in           Hawai`i           is (808) 947-5979 and their address is 875 Waimanu Street, Suite 601, Honolulu, HI 96813

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Now that you have listed and reviewed the role of all the partners on your diabetes team, picture yourself in the driver's seat of a car.

What are some of the positive things that can happen when YOU are in the driver's seat?

Let's list some of these things:

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Now picture yourself in the back seat while someone else is driving.



What are some of the things that happen when someone else is driving and you are in the back seat?

Let's list some of these things:

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Which one would you prefer to be?

I hope that you have decided that you want to be in the driver's seat!



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You have been working on goals to stay healthy with diabetes throughout the program. We hope you will keep up the good work! Others are learning how to enjoy a long and healthy life through your example!

Remember:

- Work closely with your provider and diabetes team,
- Go to new classes that are being offered in your community because new information and care for diabetes is updated every day,
- Ask for help from a friend or family member,
- Participate in a support group,
- Call the American Diabetes Association or visit their website for up-to-date information about diabetes.

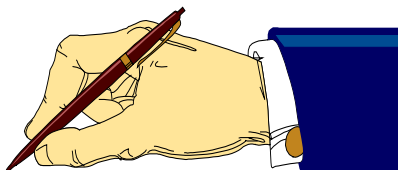


There is a lot of support available to you!

### Set a Goal!

Let's take a few minutes now to set a goal that is related to your diabetes team. For example, maybe you want to ask someone to be part of your team, or perhaps you want to make a list of questions for your next clinic visit.

What is your goal?




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## You and Your Diabetes Team



The journey of life has many different paths. Sometimes the road is smooth, and other times the road gets bumpy.

We hope that the time that we have spent together will make your path a bit smoother. Remember, when the road gets bumpy, be sure to call on all of the people on your team to help you stay in balance with diabetes.

I would like to thank you for taking part in the *Partners in Care* program, and for working so hard to stay healthy with diabetes! We hope that you will pass on all that you have learned to your family and friends to keep them healthy too!

## Share Your Thoughts

Please take a moment to share your thoughts about this meeting on the next page.



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We appreciate that you have taken the time to be with us. Before you leave, please take a few minutes to give us your thoughts about today's meeting.

1. As you were going through today's meeting, what information did you find especially helpful to you?
2. In what ways can people on your diabetes team help you stay healthy with diabetes?
3. Are there any other comments about today's meeting that you would like to share with us?

Thank you!



## **Meeting 11**

**Review of Meetings 1-10, Questions,  
Dictionary, Brochures**

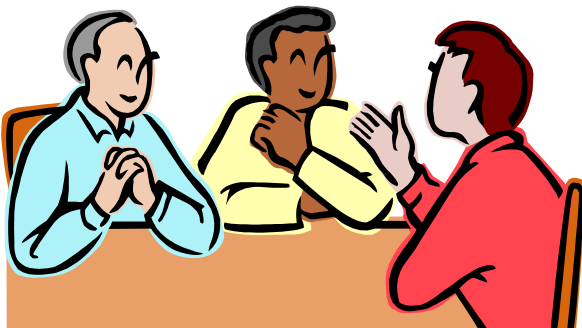
## You and Your Diabetes Team

By asking questions, you become an active partner in your health care.



Here are a few questions that you may want to ask your provider.

- Am I reaching the goals that we worked on for my glucose?
- What is my A1c number today?
- Can you look at my logbook so that we can work on a goal for my glucose control?
- What is my blood pressure, cholesterol and triglyceride numbers today?
- Can you check my glucose meter to see that it is working okay?
- Can you help me work on a meal plan for better glucose control?
- When can a support group be started in our community?
- Can you help me develop a diabetes care plan for myself?



These are just a few of the questions you may have for people on your diabetes team. If you have other questions, write them down and take them with you to your next clinic visit.

Remember that you have many partners in your diabetes care and they will be happy to work with you.

**Dictionary  
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<b>Term</b>	<b>Meaning of the Term</b>
American Diabetes Association	An organization whose goal is to do research for a cure, raise funds, and do community outreach for diabetes.
Cardiologist	A doctor who takes care of people with heart problems; a heart specialist.
Certified Diabetes Educator	A person who has special training and is certified to teach diabetes education.
Dentist	A doctor who takes care of people's teeth and gums.
Diabetologist	A doctor who treats people with diabetes.
Endocrinologist	A doctor who treats people who have problems with their endocrine glands. Diabetes is an endocrine disorder.
Medical Doctor (MD), Physician (Provider)	A person who has studied medicine and is licensed by the state to practice medicine.
Nurse (RN)	A person who has gone to school and studied nursing and licensed by the state to practice nursing.
Nurse Practitioner	A person who has studied nursing and medicine.
Nutritionist (Dietitian)	An expert in nutrition who helps people with special health needs plan the kinds and amounts of foods to eat. A registered dietitian (R.D.) has special qualifications. The health care team for diabetes should include a dietitian.
Ophthalmologist	A doctor who treats eye problems or diseases.

Optometrist	A person professionally trained to test the eyes and to find and treat eye problems and some diseases by prescribing and adapting corrective lenses and other optical aids and by suggesting eye exercise programs.
Partner	Any person who helps you keep diabetes in balance.
Pharmacist	A health professional trained to prepare and distribute medicine and to give information about them.
Physician Assistant	A health professional with special training and experience to diagnose and treat medical problems and is overseen by a physician.
Podiatrist	A doctor who treats and takes care of people's feet.
Support Group	A group of people who meet together to give support to each other and to talk about challenges.