



Introduction



Purpose:

The primary purpose of the *Beautiful Beginnings: Pregnancy and Diabetes (BB)* Supplemental Teaching Sessions is to provide health professionals working in American Indian and Alaska Native communities with a framework for pregnancy and diabetes education in a one-on-one or group setting.

These Supplemental Teaching Sessions are intended for use in conjunction with the IHS *Balancing Your Life and Diabetes (BYLD)* curriculum. Instructors need to be familiar with *BYLD* in order to use the Supplemental Teaching Sessions effectively.

Description:

The *Beautiful Beginnings: Pregnancy and Diabetes* Supplemental Teaching Sessions provide information specific to pregnancy and type 2 diabetes, including pre-gestational and gestational diabetes. They supplement content provided in *Balancing Your Life and Diabetes*. For example, these *Pregnancy and Diabetes* Supplemental Teaching Sessions:

- assume instructor familiarity with the Delivery Options, Session Structure and Teaching Tips discussed in the *BYLD* Introduction
- reference specific *BYLD* content in the sessions' Method of Presentation and Instructor's Notes
- assume instructor familiarity with content and skills addressed in *BYLD* Session #3: *Making Healthy Changes* for goal-setting (GS) objectives
- build on *BYLD*, Session #12, *Planning for Pregnancy* content for women with pre-gestational diabetes receiving prenatal care

Health care teams may use the Supplemental Teaching Sessions in whole or in part, tailoring them to the needs of the pregnant woman (identified in an individual educational needs assessment), her family and her community. For example, needs of women with pre-gestational and gestational diabetes regarding use of insulin will vary among learners. Additional materials may be given to learners (participants) on topics of interest, or advanced topics, that are not covered in these sessions. Instructors are encouraged to integrate these *Pregnancy and Diabetes* sessions with other prenatal education provided in the community.

The information included in *Beautiful Beginnings: Pregnancy and Diabetes* comes from many sources and has been reviewed by content experts. **Local instructional staff need to review, adapt and update content as appropriate.**

The *Balancing Your Life and Diabetes* curriculum and *Beautiful Beginnings: Pregnancy and Diabetes* Supplemental Teaching Sessions are only one component of an educational program and educational process. They are not a substitute for staff development and education, nor are they intended to teach the instructor pregnancy and diabetes content or the “how to” of the teaching process. Health professionals will be effective teachers when they learn pregnancy and diabetes care and methods of behavior change, teaching and counseling before they engage in diabetes education activities.

Organization:

The *Beautiful Beginnings: Pregnancy and Diabetes* Supplemental Teaching Sessions may be placed in the *Balancing Your Life and Diabetes* curriculum.

Beautiful Beginnings: Pregnancy and Diabetes is organized under sections as follows:

Introduction

This section outlines *Beautiful Beginnings*' purpose, description, organization, delivery options and structure.

Learning Objectives and Education Codes

This section lists all teaching session Learning Objectives and identifies the appropriate Indian Health Service (IHS) Patient Education Protocols and Codes (PEPC) for diabetes education documentation on the Patient Care Component (PCC) in the medical record. Review *Balancing Your Life and Diabetes—Learning Objectives and Education Codes*, p. XV, for an example of how to document diabetes education on the PCC using the PEPC Codes.

Teaching Sessions

Each session includes the following:

- Statement of Purpose
 - ◆ This is a summary of the intent of the session.
- Prerequisites
 - ◆ This describes the recommended learner knowledge/skill level needed prior to attending the session.
- Learning Objectives
 - ◆ These are statements of the participant learning that is expected as a result of attending this session. The last three objectives for each content area relate to goal-setting behavior.
- Education Codes
 - ◆ Education codes for PCC documentation are listed for each learning objective. The last three codes for each content area document goal-setting behavior.
- Materials
 - ◆ This includes suggested teaching materials for each session. Visuals are provided and may be photocopied. Additional materials are suggested. Review *Balancing Your Life and Diabetes—Introduction*, p. X, for a more detailed discussion of Materials.
- Method of Presentation
 - ◆ This describes a suggested teaching approach for the session. Review *Balancing Your Life and Diabetes—Teaching Tips*, p. XIII, for a more detailed discussion of Method of Presentation.
- Content Outline
 - ◆ This includes the general concepts and details for each learning objective as well as teaching tips. The individual needs of each learner will determine content provided. Review *Balancing Your Life and Diabetes—Introduction*, p. X, for a more detailed discussion of Content Outline.

- Skills Checklist
 - ◆ These are statements of the participant skills that are expected to be acquired as a result of attending this session.
- Evaluation Plan
 - ◆ A suggested evaluation plan is included with each session. Review *Balancing Your Life and Diabetes*—Introduction, p. XI, for a more detailed discussion of Evaluation Plan.
- Documentation Plan
 - ◆ This outlines the documentation of education, goal-setting, ongoing evaluation and reassessment that needs to be included in the participant’s medical record. Review *Balancing Your Life and Diabetes*—Learning Objectives & Codes for information on PCC documentation using the PEPC Codes.
- Diabetes and Real Life Activities
 - ◆ These discussion activities, included at the end of each session, may be used with groups or individuals for further problem-solving and goal-setting.

Appendix

This section includes additional information to assist instructors with the use of this curriculum, including:

- Resource Directory
 - ◆ Review *Balancing Your Life and Diabetes*—Appendix for a listing of resources for audiovisual and written materials, health professional and consumer organizations, publications and Internet sites for general diabetes self-management education. Additional resources, specific to pregnancy and diabetes, are included here.
- Supplemental Readings
 - ◆ Review *Balancing Your Life and Diabetes*—Appendix for a bibliography recommended by content experts to enhance instructor’s knowledge and skills, and provide information on curriculum content related to general diabetes self-management education. Additional readings specific to pregnancy and diabetes are included here.
- Visuals
 - ◆ This includes a list of the visuals provided.
- Sources for Additional Materials
 - ◆ This includes sources for additional materials described in the “Materials Needed” section of each session.

Review *Balancing Your Life and Diabetes*—Introduction, pp. XI-XIV, for a discussion of Delivery Options, Session Structure and Teaching Tips.

