



SESSION

7

Guidelines for the Use of Alcohol

DMCN-AL Guidelines for the Use of Alcohol

STATEMENT OF PURPOSE

This session provides information on guidelines for the use of alcohol by a person with diabetes.

PREREQUISITES

None

LEARNING OBJECTIVES

- DMCN-AL-1 State two or more ways alcohol can affect a person with diabetes.
- DMCN-AL-2 State two or more guidelines for the use of alcohol.
- DMCN-AL-3 State two or more situations when it is important to not drink alcohol.
- DMCN-AL-GS State or write a personal plan for the use of alcohol.



CONTENT

Use of alcohol with diabetes

MATERIALS NEEDED

Visuals Provided

- #1 *Guidelines for the Use of Alcohol*
- #2 *How Much Alcohol is a Serving?*
- #3 *When to Avoid Alcohol*
- #4 *Changes I Can Make*

Additional Resources

Local *Resource List* for substance abuse counseling
Samples of drink glasses and containers
Measuring cup (ounces)
Alcohol videos

METHOD OF PRESENTATION

This session is an introduction only, and individuals need to be referred to a registered dietitian for an individualized meal plan.

In order to use teaching materials effectively, instructors need to become familiar with the variety of materials available for this session. It is important for instructors to point out specific content in the materials and explain it. **Instructors need to avoid giving these materials to participants without explanation.**

Use a creative icebreaker. (See *BYLD*, Introduction on p. XIII for examples.) You may want to ask participants to introduce and share something about themselves and how they live with diabetes. Explain that the purpose of this session is to provide information on guidelines for the use of alcohol with diabetes.

Use facilitated group discussion to present material. Encourage participants to share stories, and ask questions to facilitate the discussion. Have a variety of teaching tools available based on participants' learning needs. Be creative and encourage interaction.

Some participants may not feel comfortable discussing their use of alcohol. Instructors are encouraged to present this information in a non-judgmental way so that it can be adequately discussed. Instructors need to be familiar with community resources for substance abuse counseling. It may be helpful to use a resource person, or case studies, to present content and/or role-play to enhance participant learning during this session.



CONTENT OUTLINE

Objective	Content	Instructor’s Notes
<p>DMCN-AL-1. State 2 or more ways alcohol can affect a person with diabetes.</p>	<p>Alcohol can cause:</p> <ul style="list-style-type: none"> • low blood sugar • high blood sugar • weight gain • high blood fat • problems with medicine 	<p>Ask, “What can happen when a person with diabetes drinks alcohol?” List/discuss responses.</p> <p>The body reacts to alcohol like it is a poison and the liver works to clear it from the blood quickly. The liver will not release sugar again until it has cleared the alcohol from the body. This may lead to low blood sugar.</p> <p>Some signs of too much alcohol, such as slurred speech and confusion, are the same as low blood sugar symptoms. Because of this, low blood sugar may be unrecognized and untreated in people who drink alcohol.</p> <p>Alcohol may also make people feel like they have low blood sugar when it is not really low.</p> <p>Alcoholic drinks may make high blood sugar go higher.</p> <ul style="list-style-type: none"> • alcohol is often mixed with regular soda/pop, juices or mixes that may have a lot of calories <p>Weight gain may happen because:</p> <ul style="list-style-type: none"> • alcohol is high in calories • alcohol is often mixed with regular soda/pop, juices or mixes that may have a lot of calories • people may eat more food when they drink alcohol <p>Alcohol raises triglycerides, which are one type of blood fat.</p> <p>Alcohol affects how medicines work and may cause serious problems when used with some medicines. Emphasize the</p>



Objective	Content	Instructor’s Notes
DMCN-AL-1. (continued)	<ul style="list-style-type: none"> • nerve damage • liver damage 	<p>importance of participants talking with their health care provider and pharmacist about the use of alcohol and medicine.</p> <p>Alcohol may cause nerve damage or worsen the nerve damage caused by diabetes. It may also increase the symptoms of nerve damage, such as numbness.</p> <p>If the liver is not working well, blood sugar is harder to control. Liver damage may also change the way some medicines are used by the body, leading to other health problems.</p>
DMCN-AL-2. State 2 or more guidelines for the use of alcohol.	<p>Some people choose to not drink alcohol.</p> <p>Most people with diabetes who choose to drink alcohol can use it safely if they follow all of these guidelines:</p> <ul style="list-style-type: none"> • eat food when drinking alcohol • talk with their health care provider about use of alcohol • keep blood sugar at target goal • wear diabetes identification • check blood sugar • drink with someone who knows the symptoms of low blood sugar and what to do for it • sip drinks slowly 	<p>Ask, “What are some things people can do to use alcohol safely when they have diabetes?” List/discuss responses.</p> <p><i>Visual #1: Guidelines for the Use of Alcohol</i></p> <p>Emphasize the importance of eating when drinking alcohol to prevent low blood sugar, which can be severe and lead to death.</p>



Objective	Content	Instructor's Notes
DMCN-AL-3. (continued)	<ul style="list-style-type: none"> • is pregnant or planning to be pregnant • is taking medicine that cannot be used with alcohol • has health problems that could be made worse by alcohol • is under the legal drinking age 	<p>Alcohol can harm the baby.</p> <p>Emphasize the importance of talking with their health care provider and pharmacist about the use of alcohol and medicines.</p> <p>Emphasize the importance of talking with their health care provider about the effect of alcohol on their health/health problems.</p> <p>Provide local <i>Resource List</i>.</p> <p>Discuss local resources and support systems that can help people to not drink alcohol.</p>
DMCN-AL-GS. State or write a personal plan for the use of alcohol.	Making changes in health habits, such as not drinking alcohol or using alcohol safely, is easier when plans are broken down into small easy-to-do steps.	<p>Visual #4: <i>Changes I Can Make</i></p> <p>Assist participants in making a personal plan for using alcohol.</p> <p>See <i>BYLD</i>, Session #3: <i>Making Healthy Changes</i>.</p>

SKILLS CHECKLIST

Participants will be able to use guidelines to make personal decisions regarding the use of alcohol.

EVALUATION PLAN

Knowledge will be evaluated by achievement of learning objectives and by responses to questions during the session. The ability to apply knowledge will be evaluated by identifying guidelines for personal decisions regarding the use of alcohol. Application of knowledge can also be evaluated through *Diabetes and Real Life Activities*. Evaluation will also include program outcome measures.

DOCUMENTATION PLAN

Record class attendance and achieved objectives as appropriate. Document patient response on PCC record using current *IHS Patient Education Protocols and Codes (PEPC)*.

