



Diabetes and Healthy Eyes Toolkit **Online Training Course Notes**

It is recommended that you order or download the *Diabetes and Healthy Eyes Toolkit* as a companion to the online training course. Visit: <http://www.nei.nih.gov/nehep/programs/ojo/toolkit.asp> to get your copy.



National
Eye
Institute

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National Eye Health
Education Program
NEHEP

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Welcome to the *Diabetes and Healthy Eyes Toolkit* Online Training Course developed by the National Eye Health Education Program (NEHEP) of the National Eye Institute (NEI).

This course will provide an overview of diabetic eye disease and show you how you can use the *Diabetes and Healthy Eyes Toolkit* in your community. Over the next hour, you will learn how to prepare and facilitate an eye health education session using the toolkit, and activities that you can carry out with people who have diabetes.

Before we begin, let's go over how to navigate the course.



On the right side of each screen, you will find the full text of the training course and an outline. You also have the option to search within the course by selecting the Search tab.

At the bottom of the screen, you will find the control bar. The control bar has a **Pause/Play** button, **Back** and **Next** buttons, a progress bar, and an audio volume control button.

The paper clip icon in the control bar allows you to download materials, such as a printer-friendly version of this course.


Select the **Next** button to continue.



The *Diabetes and Healthy Eyes Toolkit* Online Training course consists of five lessons:

- Lesson 1: Introduction to Diabetic Eye Disease
- Lesson 2: Discovering the Toolkit and Preparing an Educational Session
- Lesson 3: Opening the Educational Session
- Lesson 4: Presenting the Flipchart
- Lesson 5: Reinforcing Content and Closing the Session

The training should take you about an hour to complete.



Training Objectives

- **Goal:** Provide you with the knowledge, skills, and tools to carry out an educational session in your community.
 - Identify the eye complications related to diabetes.
 - Describe what people with diabetes can do to preserve their vision.
 - List the steps in facilitating an educational session.
 - Describe how the flipchart and other support materials are used during the educational session.

Course Introduction

The goal of this training course is to provide the knowledge, skills, and tools that you will need to carry out an educational session in your community.

Some of the things that you will learn to do are—

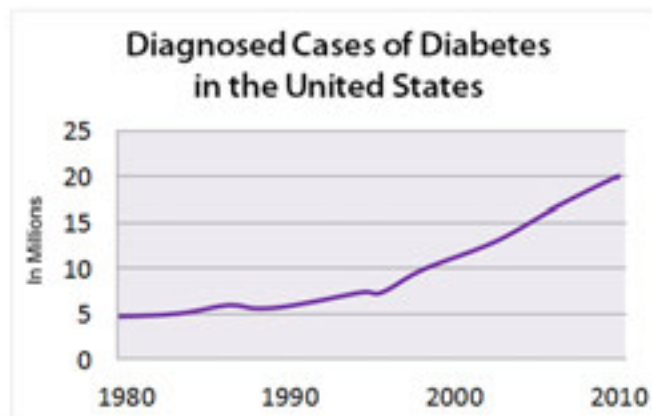
- Identify the eye complications related to diabetes.
- Describe what people with diabetes can do to preserve their vision.
- List the steps in facilitating an educational session.
- Describe how the flipchart and other support materials are used during the educational session.



Let's begin with Lesson 1: Introduction to Diabetic Eye Disease.

In this lesson you will learn about—

- The fundamentals of diabetes
- The anatomy of the eye
- Diabetic eye disease
- The comprehensive dilated eye exam



Source: Centers for Disease Control and Prevention

Lesson 1: Introduction to Diabetic Eye Disease


Diabetes has become an epidemic in the United States. In the past 30 years, diagnosed cases of diabetes have increased more than 30 percent.

If diabetes is not managed, it can lead to serious complications, including eye disease and blindness. In fact, diabetes is the leading cause of new cases of blindness among adults ages 20 to 74 years old.

Diabetes and Healthy Eyes Toolkit

What is Diabetes?

- Diabetes is a serious disease in which the glucose (sugar) levels in the blood are high.
- Diabetes can cause problems such as blindness, heart disease, kidney failure, and the need for amputations.
- Types of diabetes include the following:
 - Type 1 diabetes
 - Type 2 diabetes
 - Gestational diabetes



Lesson 1: Introduction to Diabetic Eye Disease


Diabetes is a serious disease in which the glucose, or sugar, levels in the blood are high. Diabetes can cause problems such as blindness, heart disease, kidney failure, and the need for amputations. Only a doctor can diagnose diabetes.

There are three different types of diabetes.

Type 1 diabetes is also called juvenile diabetes because it usually occurs at an early age. Since type 1 diabetes starts in childhood, complications occur at an earlier age. The pancreas does not produce insulin and, if it does, it does so in low quantities. Insulin is a hormone that works like a key opening a door so glucose can enter the cells. Without this key, the doors will not open and the glucose cannot enter the cells, resulting in too much glucose remaining in the blood.

Type 2 diabetes occurs when either the body does not produce enough insulin or the cells ignore the insulin produced by the body. Type 2 diabetes can be associated with older age, obesity, physical inactivity, high blood pressure, high cholesterol, and family history.

Gestational diabetes develops during pregnancy. The glucose levels return to normal after the baby is born. It is important to know if a woman had gestational diabetes because her risk is higher for developing type 2 diabetes in the future.



Diabetic Eye Disease

- Refers to a group of eye problems that people with diabetes may face as a complication of this disease.
- Can cause severe vision loss or even blindness.
- Includes the following:
 - Cataract
 - Diabetic retinopathy
 - Glaucoma

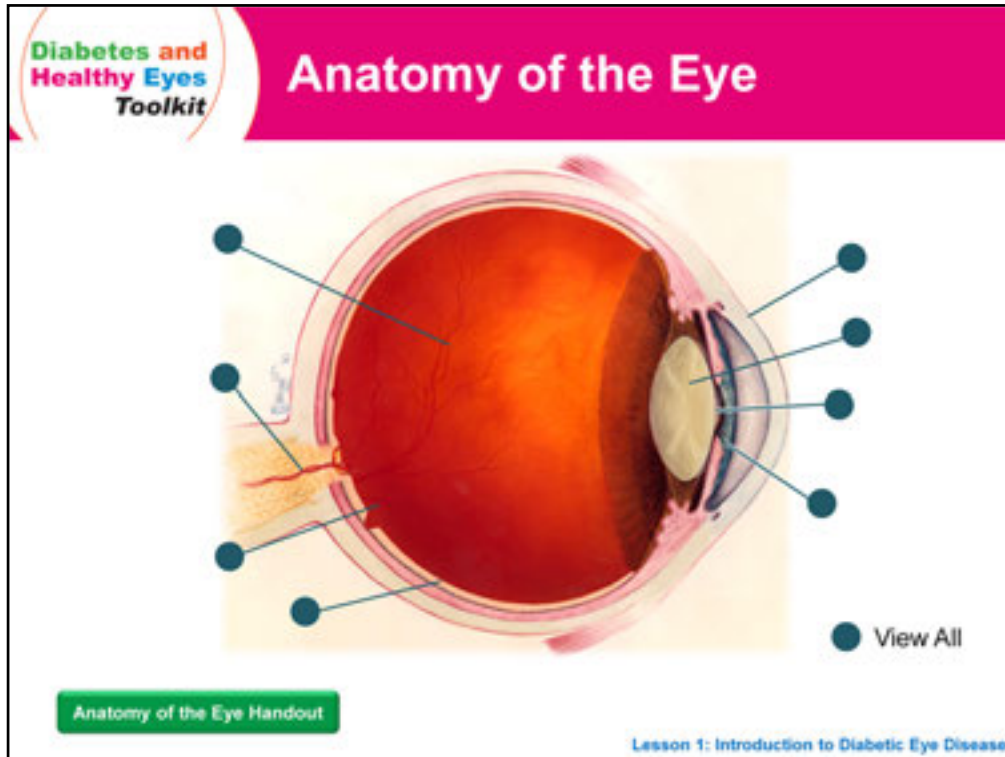
Lesson 1: Introduction to Diabetic Eye Disease

Diabetic eye disease refers to a group of eye problems that people with diabetes may face as a complication of this disease. Diabetic eye disease can cause severe vision loss or even blindness.

Diabetic eye disease includes—

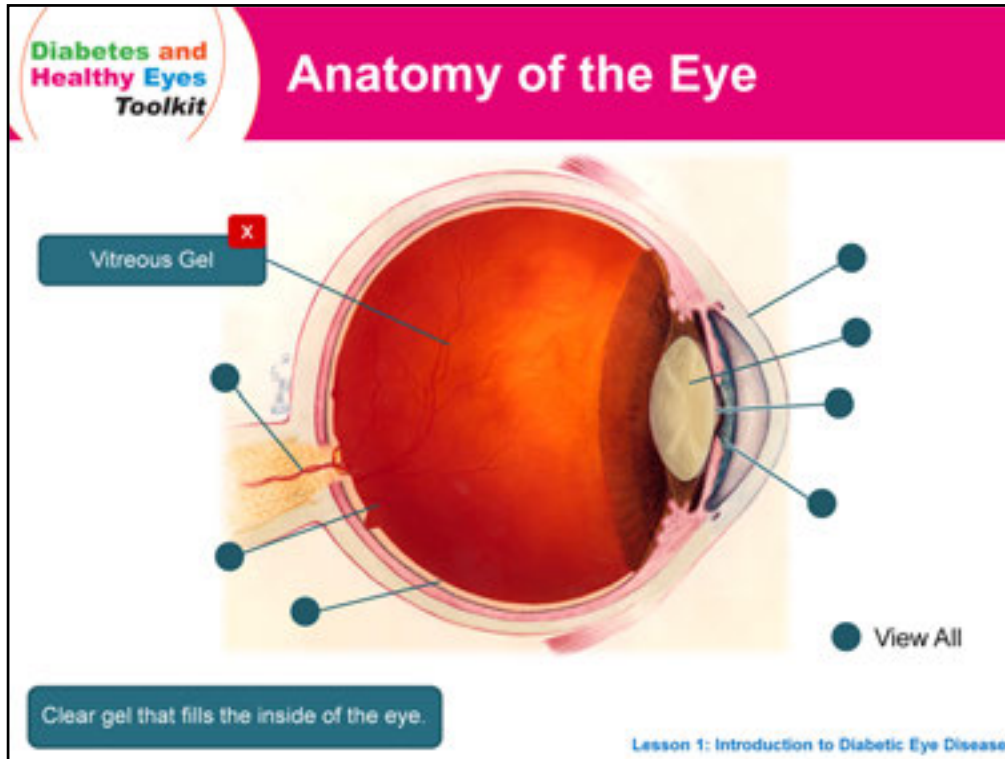
- Cataract
- Diabetic retinopathy
- Glaucoma

We'll cover each of these in more detail in this lesson.

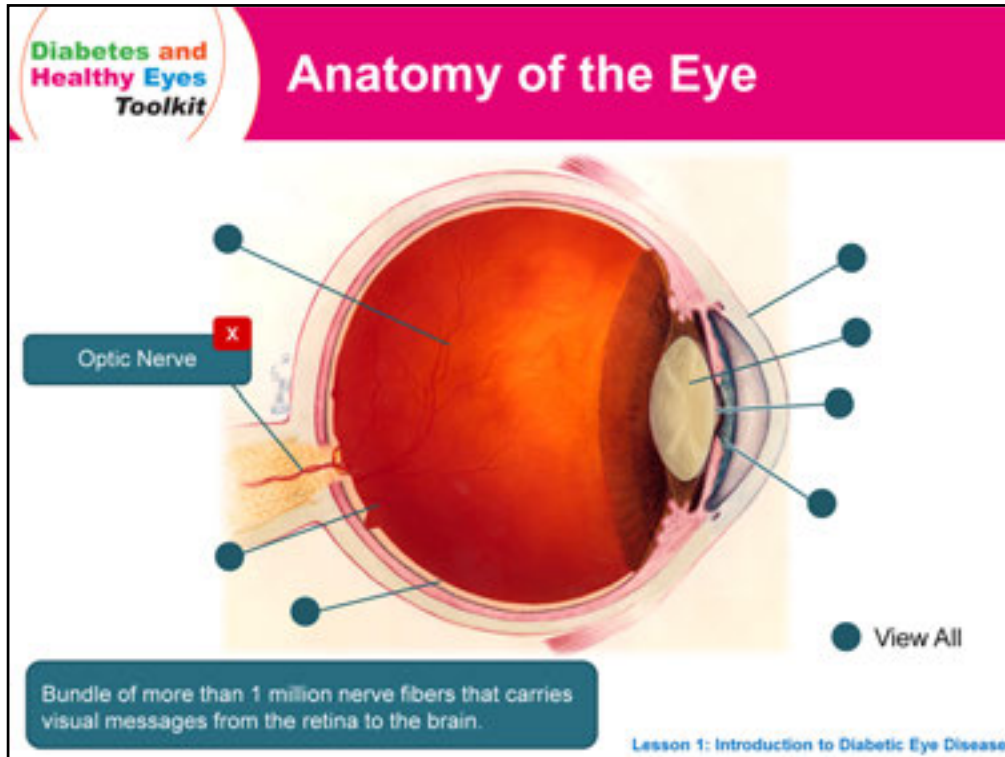


But first, let's explore the anatomy of the eye. This will help us to better understand the parts of the eye that are affected by diabetes. Select each part of the eye to view its definition. Select the "X" button to close each box.

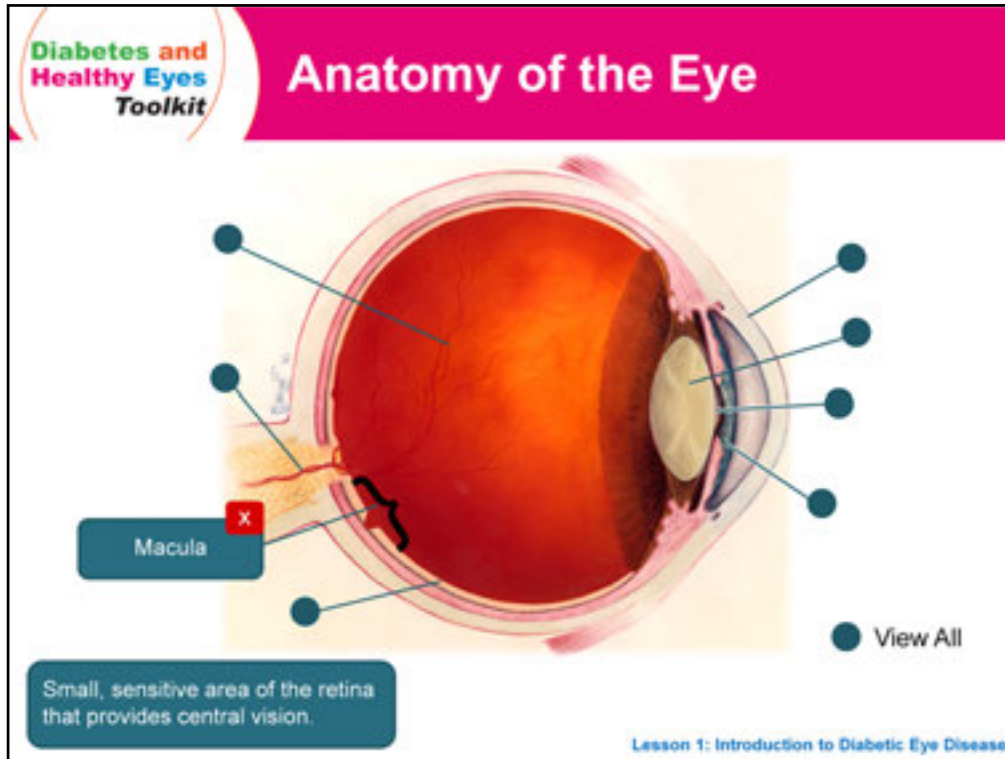
Select the button at the bottom of the screen to download a handout on the Anatomy of the Eye.



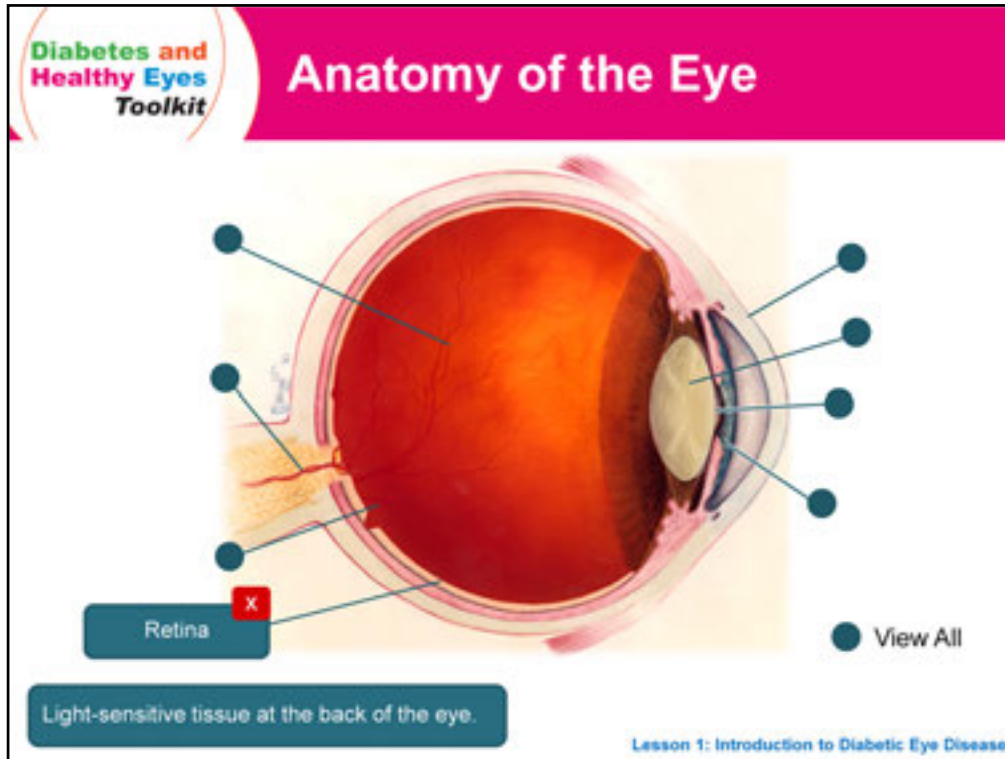
The vitreous gel is a clear gel that fills the inside of the eye.



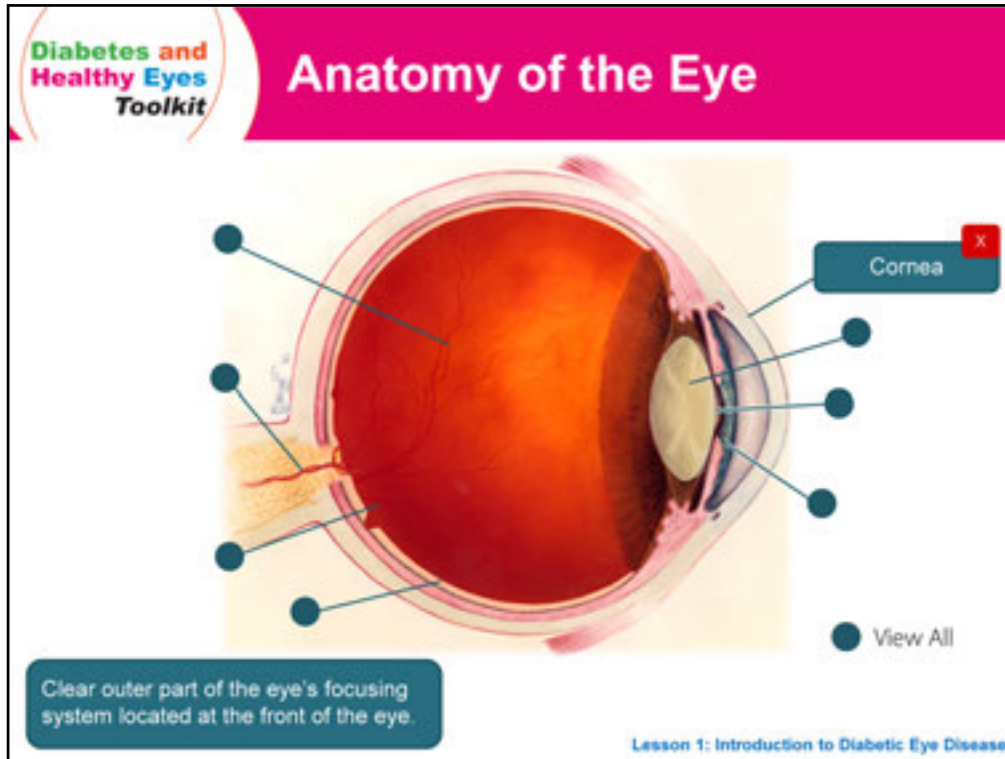
The optic nerve is the largest sensory nerve of the eye. It carries visual messages from the retina to the brain.



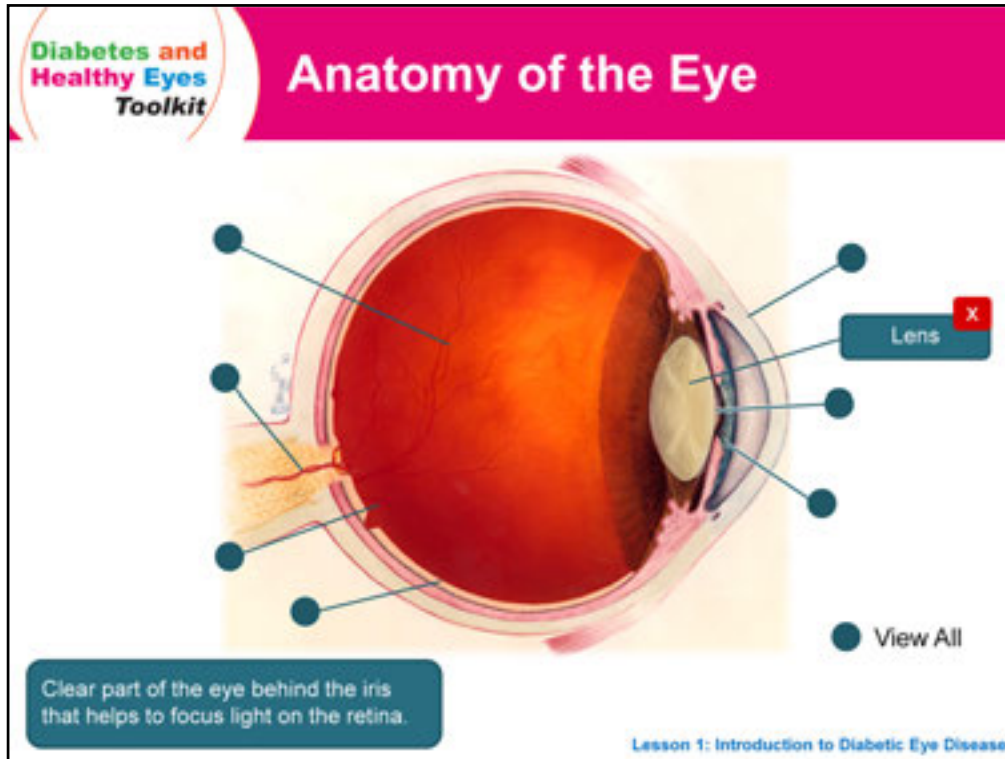
The macula is a small, sensitive area of the retina that provides central vision. It is located in the center of the retina.



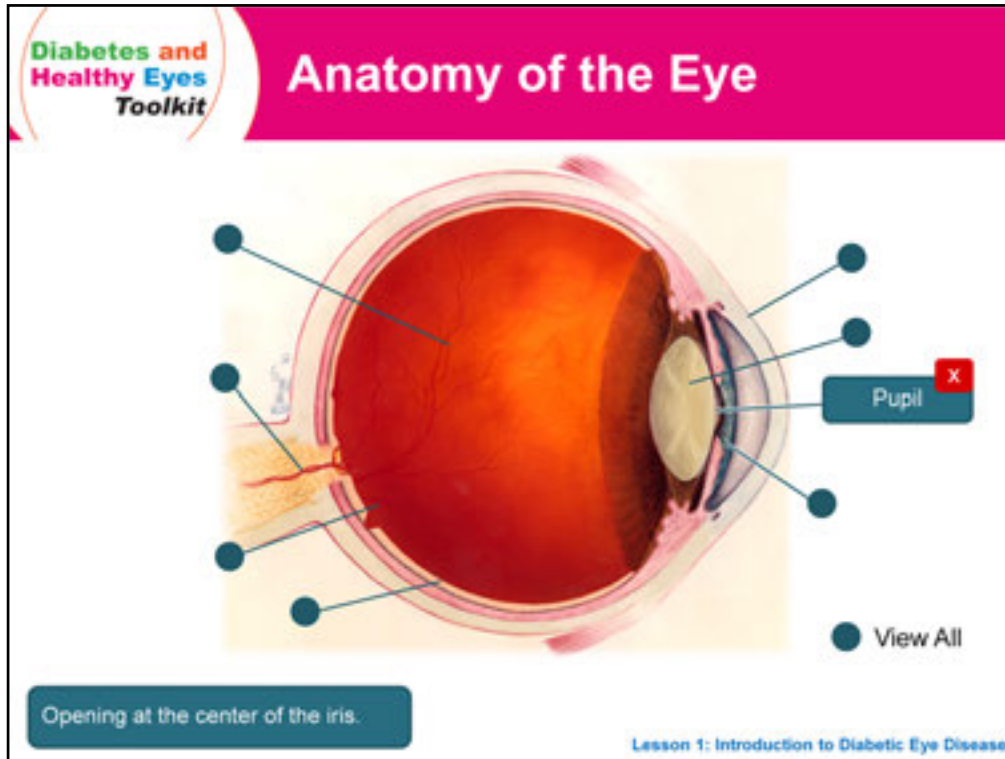
The retina is a light-sensitive tissue at the back of the eye. The retina converts light into electrical impulses that are sent to the brain through the optic nerve.



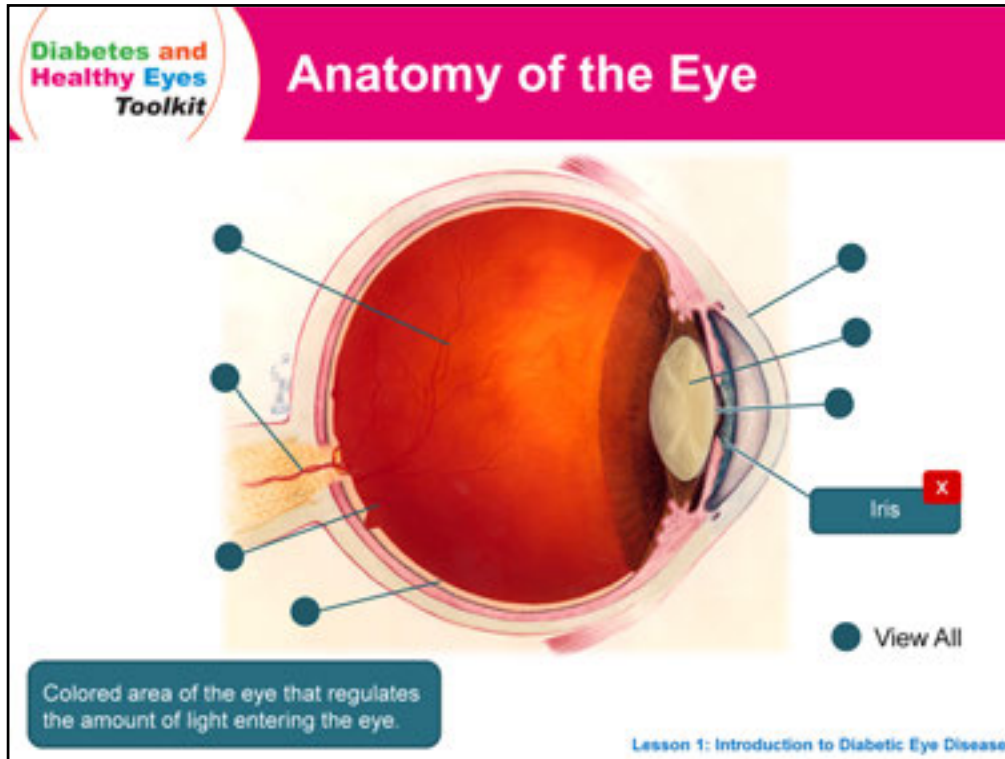
The cornea is the clear outer part of the eye's focusing system. It is located at the front of the eye.



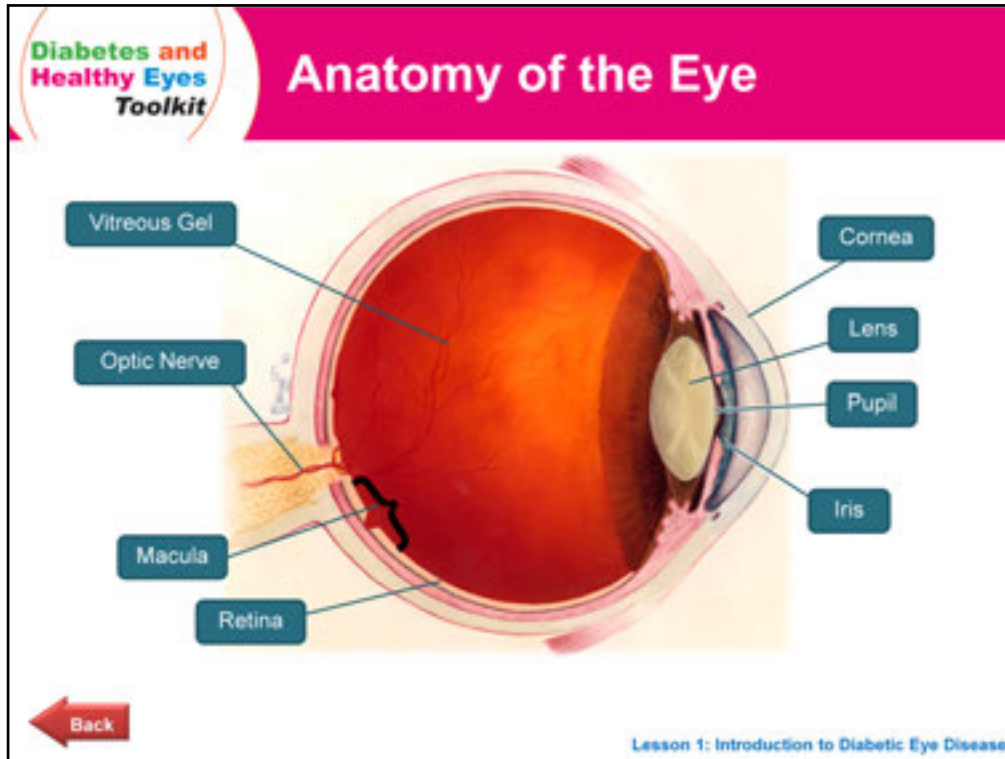
The lens is a clear part of the eye behind the iris. It helps to focus light on the retina.



The pupil is the opening at the center of the iris. The iris adjusts the size of the pupil and controls the amount of light that can enter the eye.



The iris is the colored area of the eye that regulates the amount of light entering the eye.



Each of the parts of the eye is labeled: vitreous gel, optic nerve, macula, retina, cornea, lens, pupil, and iris.

Diabetes and Healthy Eyes Toolkit

Diabetic Eye Disease

Normal Vision ← Select each button.

Diabetic Retinopathy ←

Cataract ←

Glaucoma ←



Lesson 1: Introduction to Diabetic Eye Disease

As we learned, people with diabetes are at higher risk for eye complications such as cataract, diabetic retinopathy, and glaucoma, all of which can cause vision loss or blindness.

Diabetic retinopathy causes damage to the small blood vessels in the retina.

A cataract clouds the lens of the eye and makes a person's vision blurry.

Glaucoma causes damage to the optic nerve and affects side, or peripheral, vision.

Fortunately, cataract, diabetic retinopathy, and glaucoma are all treatable in their early stages. Vision loss and blindness can be prevented if these diseases and conditions are detected early through a comprehensive dilated eye exam.

Take some time now to learn more about these diseases and conditions by selecting each button.

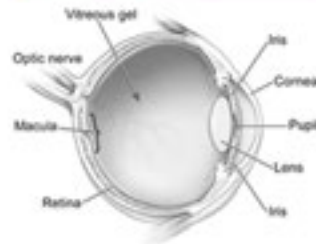
Diabetic Eye Disease

Normal Vision

Diabetic Retinopathy

Cataract

Glaucoma



This image shows what a person with normal vision would see.

Diabetes and Healthy Eyes Toolkit

Diabetic Eye Disease


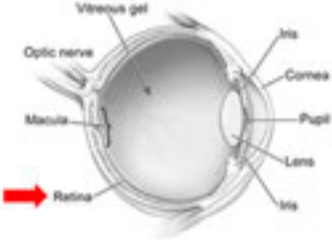
Normal Vision

Diabetic Retinopathy

Cataract

Glaucoma

Advanced Diabetic Retinopathy

Lesson 1: Introduction to Diabetic Eye Disease

This image shows what a person with diabetic retinopathy would see.

Diabetic retinopathy is an eye complication of diabetes that damages the small blood vessels in the retina. The eyesight of a person with diabetic retinopathy can be damaged due to various causes:

- Bleeding
- Detachment of the retina
- Presence of abnormal blood vessels in the retina

There are often no symptoms in the early stages of diabetic retinopathy. There is no pain, and vision may not change until the disease becomes severe. The longer someone has diabetes, the more likely he or she will get diabetic retinopathy.

With early detection and treatment, vision loss due to diabetic retinopathy may be prevented. Treatment involves laser surgery, in which a strong light beam is aimed onto the retina. Laser surgery and appropriate follow-up care can reduce the risk of blindness by 90 percent.

Diabetes and Healthy Eyes Toolkit

Diabetic Eye Disease

- Normal Vision
- Diabetic Retinopathy
- Cataract**
- Glaucoma




Lesson 1: Introduction to Diabetic Eye Disease

This image shows what a person with a cataract would see.

A cataract is a clouding of the lens in the eye that affects vision. Symptoms include—

- Cloudy and blurry vision
- Faded colors
- Poor night vision
- Double vision
- Problems with bright lights, especially at night

Cataract can occur in one or both eyes. It cannot spread from one eye to the other. In earlier stages, the cataract is visible only during an eye exam.

Symptoms of early cataract may be improved with new eyeglasses, brighter lighting, anti-glare sunglasses, or magnifying lenses. If these do not help, surgery is the only effective treatment. Cataract surgery is usually safe and successful; the cloudy lens is replaced with a plastic lens.

Diabetes and Healthy Eyes Toolkit

Diabetic Eye Disease


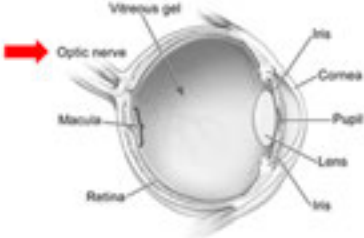
Normal Vision

Diabetic Retinopathy

Cataract

Glaucoma

Advanced Glaucoma

Lesson 1: Introduction to Diabetic Eye Disease

This image shows what a person with glaucoma would see.

Glaucoma is a group of diseases that can damage the optic nerve and result in vision loss and blindness. It may be caused by an increase in eye pressure. However, in some forms of glaucoma, eye pressure is normal.

A form of the disease called open-angle glaucoma is diagnosed most often in the following groups of people:

- African-Americans ages 40 and older
- Everyone over age 60, especially Mexican-Americans
- People with a family history of glaucoma

People with diabetes are at an increased risk for an aggressive type of glaucoma called neovascular glaucoma. In this form, abnormal blood vessels grow in the front part of the eye.

In the early stages, glaucoma often has no symptoms. Therefore, people may not realize they have glaucoma until the disease is advanced. Vision lost to glaucoma cannot be restored. However, with early detection and treatment, vision loss may be prevented or slowed down. Treatment options for glaucoma include medications such as prescription eye drops or pills, or surgery.

Diabetes and Healthy Eyes Toolkit

Comprehensive Dilated Eye Exam

- Checks for common vision problems.
- Includes dilating the pupils to detect eye disease.


The diagram consists of two side-by-side panels. The left panel is titled 'UNDILATED PUPIL' and shows a cross-section of an eye with a small pupil. A narrow white beam of light, labeled 'RAY OF LIGHT', enters the eye and illuminates a small, central portion of the retina. Labels include 'RETINA', 'RAY OF LIGHT', 'OPTIC NERVE', and 'PUPIL'. A text box points to the illuminated area: 'Portion of retina that can be seen through undilated pupil.' The right panel is titled 'DILATED PUPIL' and shows a cross-section of an eye with a significantly larger pupil. A much wider white beam of light, labeled 'RAY OF LIGHT', enters the eye and illuminates a much larger area of the retina. Labels include 'RETINA', 'RAY OF LIGHT', 'OPTIC NERVE', and 'PUPIL'. A text box points to the illuminated area: 'Portion of retina that can be seen through dilated pupil.'

Lesson 1: Introduction to Diabetic Eye Disease

Now let's talk about how these diseases are detected.

A comprehensive dilated eye exam is different from the exam you have for glasses and contacts. During a comprehensive dilated eye exam, an eye care professional dilates the eyes with drops to examine the health of the eye and to detect common vision problems or signs of disease.

Because there are often no signs or symptoms in the early stage of eye diseases, people should not wait to visit an eye care professional. Early detection and timely treatment can help prevent vision loss. People with diabetes should have a comprehensive dilated eye exam at least once a year.



How Can You Help?

- Use the *Diabetes and Healthy Eyes Toolkit* to encourage people with diabetes to care for their eye health.
- Share these important messages:
 1. People with diabetes need a comprehensive dilated eye exam at least once a year.
 2. Diabetic eye disease has no warning signs, but if detected in its early stages, vision loss and blindness may be prevented.

Lesson 1: Introduction to Diabetic Eye Disease

As a community health worker, you play an important role in helping people with diabetes maintain their vision.

You can—

- Use the *Diabetes and Healthy Eyes Toolkit* to encourage people with diabetes to care for their eye health.
- Share these important messages:
 1. People with diabetes need a comprehensive dilated eye exam at least once a year.
 2. Diabetic eye disease has no warning signs, but if detected in its early stages, vision loss and blindness may be prevented.


The *Diabetes and Healthy Eyes Toolkit* developed by the National Eye Health Education Program will guide you in carrying out these activities.

Diabetes and Healthy Eyes Toolkit

Check Your Knowledge

Which of the following eye conditions is shown in this picture? Choose the best answer.

- A) Cataract
- B) Glaucoma
- C) Diabetic retinopathy
- D) Normal vision



Lesson 1: Introduction to Diabetic Eye Disease

Now, let's check what you have learned so far. Take a look at the picture.

Which of the following eye conditions is shown in this picture?

- A. Cataract
- B. Glaucoma
- C. Diabetic retinopathy
- D. Normal vision

Choose the best answer and select the "Submit" button.

Which of the following eye conditions is shown in this picture?

- A) Cataract
- B) Glaucoma**
- C) Diabetic retinopathy
- D) Normal vision



The correct answer is B. Glaucoma. Glaucoma caused by diabetes damages the optic nerve and affects side, or peripheral, vision.

Check Your Knowledge

The lens is found inside of the eye and when it becomes unclear, it causes cataract.

- A) True
- B) False

Submit

Clear

The lens is found inside of the eye and when it becomes unclear, it causes cataract.

A. True

B. False

Answer

The lens is found inside of the eye and when it becomes unclear, it causes cataract.

- A) True
- B) False

The correct answer is A. True. Cataract is caused when the lens inside of the eye becomes unclear.

Check Your Knowledge

The diabetes-related complication that can cause blindness is—

- A) Nearsightedness
- B) Astigmatism
- C) Diabetic retinopathy

Submit

Clear

The diabetes-related complication that can cause blindness is—

- A. Nearsightedness
- B. Astigmatism
- C. Diabetic retinopathy

Answer

The diabetes-related complication that can cause blindness is—

- A) Nearsightedness
- B) Astigmatism
- C) Diabetic retinopathy**

The correct answer is C. Diabetic retinopathy. Diabetic retinopathy is a diabetes-related complication that can cause blindness.

Check Your Knowledge

A comprehensive dilated eye exam allows an eye care professional to see more of the inside of your eyes to check for signs of disease.

- A) True
- B) False

Submit

Clear

A comprehensive dilated eye exam allows an eye care professional to see more of the inside of your eyes to check for signs of disease.

- A. True
- B. False

Answer


A comprehensive dilated eye exam allows an eye care professional to see more of the inside of your eyes to check for signs of disease.

- A) True
- B) False

The correct answer is A. True. A dilated eye exam allows an eye care professional to see more of the inside of your eyes to check for signs of disease.

Diabetes and Healthy Eyes Toolkit

Lesson 2



- Lesson 1: Introduction to Diabetic Eye Disease
- Lesson 2: Discovering the Toolkit and Preparing an Educational Session**
- Lesson 3: Opening the Educational Session
- Lesson 4: Presenting the Flipchart
- Lesson 5: Reinforcing Content and Closing the Session

Lesson 2: Discovering the Toolkit and Preparing an Educational Session


Congratulations! You have completed Lesson 1. Now let's move on to Lesson 2: Discovering the Toolkit and Preparing an Educational Session.

In this lesson, you will learn about the toolkit flipchart, module, and handouts. You'll also learn how to prepare for an educational session.

Diabetes and Healthy Eyes Toolkit

Toolkit Contents

- Flipchart
- Module
- Handouts
- *Watch Out for Your Vision!* Booklet
- Medicare Benefit Card
- NEHEP Materials Order Form
- Toolkit Evaluation Form
- CD-ROM



Lesson 2: Discovering the Toolkit and Preparing an Educational Session

The toolkit has many resources to help you, including—

- A Flipchart
- Module
- Handouts
- *Watch Out for Your Vision!* Booklet
- Medicare Benefit Card
- NEHEP Materials Order Form
- Toolkit Evaluation Form
- A CD-ROM and more

We'll cover each of these in more detail on the next screens.

Diabetes and Healthy Eyes Toolkit

Flipchart

- Helps you present information on diabetes and eye health.



Lesson 2: Discovering the Toolkit and Preparing an Educational Session


Let's start with the flipchart.

The flipchart helps you present information during the educational session. It contains information and images related to diabetes and eye health. On the front of each page, you will find information that participants will see. On the back of each page, you will find bullet points related to the topic you are presenting. These bullet points will help guide your discussion.

Diabetes and Healthy Eyes Toolkit

Module

- Your guide to conducting an educational session.
- Contains the following:
 - Detailed information about diabetes and eye health.
 - Instructions for preparing and presenting an educational session.
 - Instructions for the Q&A activity.
 - Handouts for participants.




Lesson 2: Discovering the Toolkit and Preparing an Educational Session

The module explains how to conduct an educational session. It serves as your guide and has detailed information on diabetes and eye health.

In the back of the module, you'll find several handouts. You can copy and distribute these to participants to help reinforce the content of the educational session.

Before you conduct an educational session, you should review the module. This will help you answer questions that participants might ask.



Handouts

Select each handout to learn more:

- [Appendix A: Diabetes risk factors](#)
- [Appendix B: The ABCs of diabetes control](#)
- [Appendix C: Local eye health team resources](#)
- [Appendix D: Talking to your doctor](#)
- [Appendix E: Action plan](#)
- [Appendix F: Numbered papers](#)
- [Appendix G: Attendance sheet](#)
- [Appendix H: Pretest for participants](#)
- [Appendix I: Posttest for participants](#)
- [Appendix J: Educational activity questions](#)
- [Appendix K: Glossary](#)
- [Appendix L: Eye health resource directory](#)

Lesson 2: Discovering the Toolkit and Preparing an Educational Session

As you get ready for your educational session, you should print out several copies of the handouts in the back of the module. These handouts summarize important information about managing diabetes and maintaining eye health.

Select each handout to learn more.

The image is a screenshot of a digital handout. At the top left, there is a logo for 'Diabetes and Healthy Eyes Toolkit' with 'Diabetes and Healthy Eyes' in green and red text and 'Toolkit' in black. To the right of the logo, the word 'Handouts' is written in white on a pink background. Below this, a blue header bar contains the text 'Appendix A' in white, with a small red 'x' icon in the top right corner. The main content area has a white background and is titled 'Diabetes risk factors' in bold black text. Below the title, there is a paragraph: 'Below you will find additional information about the common risk factors for diabetes.' This is followed by a section titled 'Obesity' in bold black text. Under 'Obesity', there is a paragraph: 'Being obese or overweight is generally due to eating too much and not getting sufficient physical exercise.' Below this paragraph is a bulleted list with three items: '• A healthy diet and moderate exercise have been shown to be effective in preventing diabetes, even in persons with pre-diabetes or with other diabetes risk factors.', '• The loss of 7 to 10 percent of a person's body weight can reduce his or her risk for developing diabetes.', and '• Stay active—30 minutes of physical activity on most days of the week is highly recommended.' At the bottom left of the handout, there is a red arrow pointing left with the word 'Back' in white. At the bottom right, there is a blue link: 'Lesson 2: Discovering the Toolkit and Preparing an Educational Session'.

Appendix A lists diabetes risk factors.

The screenshot shows a digital interface for a handout. At the top left is the logo for 'Diabetes and Healthy Eyes Toolkit'. The top right has a pink header with the word 'Handouts'. Below this is a blue bar with 'Appendix B' and a red close button. The main content area is white with the title 'The ABCs of diabetes control'. It includes an introductory sentence and two bullet points: 'A1C test' and 'Blood pressure'. At the bottom left is a red 'Back' button, and at the bottom right is the text 'Lesson 2: Discovering the Toolkit and Preparing an Educational Session'.

Diabetes and Healthy Eyes Toolkit

Handouts

Appendix B

The ABCs of diabetes control

Use these ABCs of diabetes control as a reminder of all the important factors for good diabetes control.

A1C test—An A1C test should be given at least twice a year. A1C refers to the lab blood test for hemoglobin A1C. Hemoglobin A1C should be under 7, to indicate good control. The A1C test shows if glucose control efforts are being adequately carried out.

Blood pressure—Blood pressure must be taken during each medical visit. Indications and medical recommendations are very important, including having a blood pressure measurement and a urine test to observe the presence of glucose or the protein albumin in the urine.

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Lesson 2: Discovering the Toolkit and Preparing an Educational Session

Appendix B presents the ABCs of diabetes control. This list provides guidelines for diabetes management and control.

Diabetes and Healthy Eyes Toolkit

Handouts

Appendix C

Local eye health team resources

Local eye health team resource instructions

Complete the table on the following page before conducting the presentation. This will be a handout. Here is what you will need to do:

1. Investigate local health services that are easily accessible; focus on prevention, treatment, and vision rehabilitation; and have experience with patients with diabetic retinopathy, cataract, and glaucoma.
2. Write down the contact information for the resources you find, using the template provided on the following page.

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Lesson 2: Discovering the Toolkit and Preparing an Educational Session

Appendix C provides a template for listing local eye health team resources, such as certified diabetes educators, health promoters, nurses, clinics, pharmacists, and social workers.

You should identify local health services and prepare this list before your educational session.

The image is a screenshot of a digital handout. At the top left, there is a logo for 'Diabetes and Healthy Eyes Toolkit' with 'Diabetes' in green, 'Healthy Eyes' in red, and 'Toolkit' in black. To the right of the logo, the word 'Handouts' is written in white on a pink background. Below this is a blue header bar with the text 'Appendix D' and a small red 'x' icon in the top right corner. The main content area has a white background with the title 'Talking to your doctor' in bold black text. Below the title, it says 'Here are some questions you can ask your doctor to get the discussion started:'. This is followed by a sub-section 'About my disease or disorder—' and a bulleted list of six questions. At the bottom left, there is a red arrow pointing left with the word 'Back' inside. At the bottom right, there is a blue link that says 'Lesson 2: Discovering the Toolkit and Preparing an Educational Session'.

Diabetes and Healthy Eyes Toolkit

Handouts

Appendix D

Talking to your doctor

Here are some questions you can ask your doctor to get the discussion started:

About my disease or disorder—

- What is my diagnosis?
- What caused my condition?
- Can my condition be treated?
- How will this condition affect my vision now and in the future?
- Should I watch for any particular symptoms and notify you if they occur?
- Should I make any lifestyle changes?

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[Lesson 2: Discovering the Toolkit and Preparing an Educational Session](#)

Appendix D presents some questions that participants can ask when talking to their doctors.

The image is a screenshot of a digital handout. At the top left, there is a logo for 'Diabetes and Healthy Eyes Toolkit' with 'Diabetes' in green, 'Healthy Eyes' in red, and 'Toolkit' in black. To the right of the logo, the word 'Handouts' is written in white on a pink background. Below this, a blue header bar contains the text 'Appendix E' and a red 'x' icon in the top right corner. The main content area is white and titled 'Action plan' in bold black text. Below the title, there is a line of text: 'I want to make healthy vision a health priority. I, _____, pledge to do the following to be healthier and maintain good eye health:'. This is followed by a bulleted list of seven items: 'Get a dilated eye exam at least once a year.', 'Keep my glucose levels under control.', 'Maintain my blood pressure at 130/80 mm/Hg or less.', 'Maintain my cholesterol levels within a healthy range.', 'Walk at least 30 minutes a day five times a week.', 'Eat more fruits and vegetables and fewer carbohydrates.', and 'Eat fewer foods with fat.'. At the bottom left, there is a red arrow pointing left with the word 'Back' in white. At the bottom right, there is a blue link that says 'Lesson 2: Discovering the Toolkit and Preparing an Educational Session'.

Appendix E presents an action plan or pledge that will help participants assume responsibility and take steps to protect their vision and overall health.

Diabetes and Healthy Eyes Toolkit

Handouts

Appendix F

Numbered papers

The following are numbers to be handed out to each of the participants. Simply cut out the numbered squares using scissors and hand each participant a number. Participants will record this number on their pre- and posttest.

1	2	3
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Lesson 2: Discovering the Toolkit and Preparing an Educational Session

Appendix F contains numbered papers, from 1 to 15, that can be cut out and given to participants. Participants write their number on the pretest and on the posttest.

Diabetes and Healthy Eyes Toolkit

Handouts

Appendix G

Attendance sheet

Date of educational session: _____ Place: _____

NAME

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Lesson 2: Discovering the Toolkit and Preparing an Educational Session

Appendix G is an attendance sheet.

Diabetes and Healthy Eyes Toolkit

Handouts

Appendix H

Pretest for participants

Do not write your name. Write the number you were given in the box.

Please answer the following questions. Do not worry if you do not know all of the answers. Your responses are confidential and will not be shared with the group.

1. Glaucoma is a diabetes-related eye disease.
 - A) True
 - B) False
 - C) I am not sure

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Lesson 2: Discovering the Toolkit and Preparing an Educational Session

Appendix H is the pretest for participants.

Diabetes and Healthy Eyes Toolkit

Handouts

Appendix I

Posttest for participants

Do not write your name. Write the number you were given in the box.

Please answer the following questions. Do not worry if you do not know all of the answers. Your responses are confidential and will not be shared with the group.

1. Glaucoma is a diabetes-related eye disease.
A) True
B) False
C) I am not sure

[Back](#)

Lesson 2: Discovering the Toolkit and Preparing an Educational Session

Appendix I is the posttest for participants. This appendix also contains the correct answers for the pre and posttests.

The image is a screenshot of a presentation slide. At the top left, there is a logo for 'Diabetes and Healthy Eyes Toolkit' with 'Diabetes and Healthy Eyes' in green and red text and 'Toolkit' in black. To the right of the logo, the word 'Handouts' is written in white on a pink background. Below this, a blue header bar contains the text 'Appendix J' and a red 'x' icon in the top right corner. The main content area is white and features the question 'What is diabetic eye disease?' in large, bold, black font. At the bottom left, there is a red arrow pointing left with the word 'Back' inside it. At the bottom right, the text 'Lesson 2: Discovering the Toolkit and Preparing an Educational Session' is displayed in a small blue font.

Appendix J is used to carry out the Question & Answer, or Q&A, activity, which we will describe in detail in the next lesson.

The screenshot shows a digital interface for a handout. At the top left is the logo for 'Diabetes and Healthy Eyes Toolkit'. The main title 'Handouts' is in a pink bar. Below it is a blue bar with 'Appendix K' and a close button. The main content area is titled 'Glossary' and contains an introductory sentence followed by three terms: 'Cataract', 'Diabetes', and 'Diabetic retinopathy', each with a brief definition. At the bottom left is a 'Back' button with a left-pointing arrow, and at the bottom right is the text 'Lesson 2: Discovering the Toolkit and Preparing an Educational Session'.

Diabetes and Healthy Eyes Toolkit

Handouts

Appendix K

Glossary

The following is a glossary of terms that are commonly used when talking about diabetes.

Cataract
Cataract is a clouding of the lens in the eye that affects vision.

Diabetes
Diabetes is a very serious disease in which the glucose (sugar) levels in the blood are high. Diabetes can cause problems such as blindness, heart disease, kidney failure, and amputations. Only a doctor can diagnose diabetes.

Diabetic retinopathy
Diabetic retinopathy is an eye complication of diabetes and a leading cause of blindness.

[Back](#)

Lesson 2: Discovering the Toolkit and Preparing an Educational Session

Appendix K is a glossary that provides brief explanations of diabetes and eye health concepts.

Diabetes and Healthy Eyes Toolkit

Handouts

Appendix L

Eye health resource directory

American Academy of Ophthalmology
P.O. Box 7424
San Francisco, CA 94120-7424
415-561-8500
www.aao.org

American Association of Diabetes Educators
200 W. Madison Street, Suite 800
Chicago, IL 60606
1-800-338-3633
www.aadenet.org

[Back](#)


Lesson 2: Discovering the Toolkit and Preparing an Educational Session

Appendix L is a directory of organizations working in eye health.

Diabetes and Healthy Eyes Toolkit

Additional Materials

- *Watch Out for Your Vision!* Booklet
- Medicare Benefit Card
- Materials Order Form
- Toolkit Evaluation Form
- CD-ROM



Lesson 2: Discovering the Toolkit and Preparing an Educational Session

The toolkit also contains the following materials that will help you present an educational session:

- *Watch Out For Your Vision*, an illustrated booklet designed to help people with diabetes learn about the eye complications of diabetes and the importance of getting a comprehensive dilated eye exam.
- A Medicare Benefit Card, which describes eligibility for the diabetic eye disease and glaucoma benefit available through Medicare.
- An order form for you to order free diabetic eye disease materials for your educational session.
- An evaluation form so you can share your experience using the toolkit and provide any recommendations or suggestions to the National Eye Health Education Program.
- A CD-ROM containing copies of all the materials included in the toolkit.

Materials Needed

The materials you will need to present an educational session are:

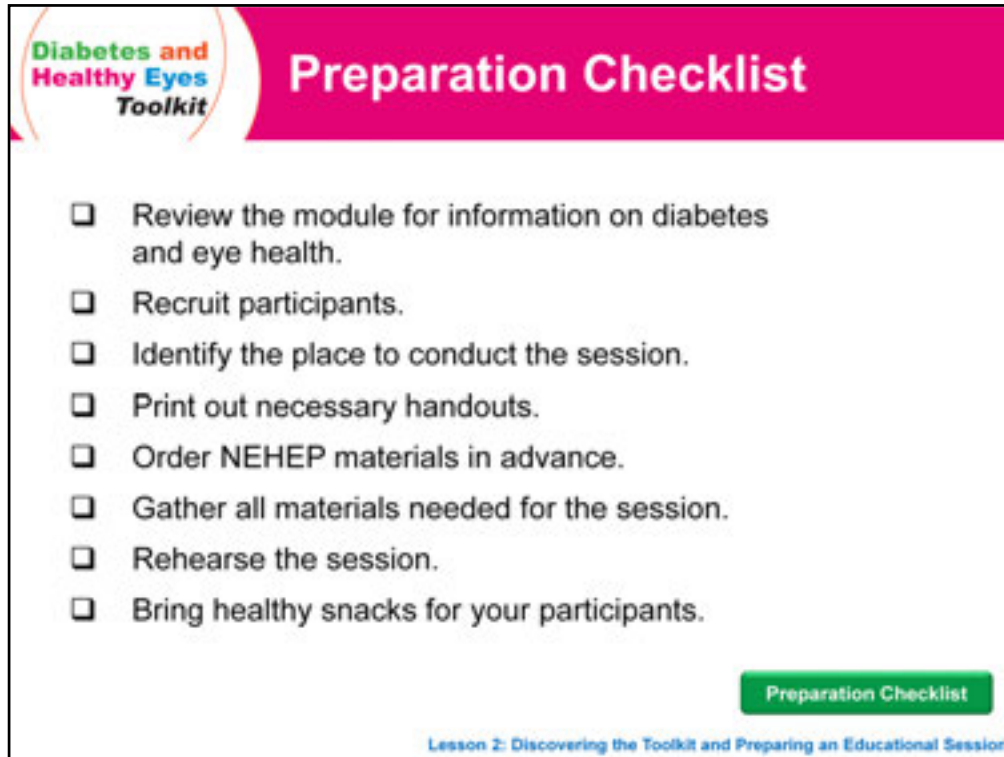
- Flipchart and module
- Easel or table to support the flipchart
- Handouts
- Pens or pencils



Lesson 2: Discovering the Toolkit and Preparing an Educational Session

When you prepare for an educational session, you'll need to make sure that you have your flipchart and module and an easel or table where you can place the flipchart.

You should also print or copy the handouts for participants. Don't forget to bring pens and pencils.

The graphic is a rectangular box with a pink header. On the left side of the header is a circular logo with the text "Diabetes and Healthy Eyes Toolkit". The main title "Preparation Checklist" is centered in the header in white text. Below the header is a white area containing a list of eight items, each preceded by a small square checkbox. In the bottom right corner of the white area is a green button with the text "Preparation Checklist". At the very bottom of the box, centered, is the text "Lesson 2: Discovering the Toolkit and Preparing an Educational Session" in a small blue font.

Diabetes and Healthy Eyes Toolkit

Preparation Checklist

- Review the module for information on diabetes and eye health.
- Recruit participants.
- Identify the place to conduct the session.
- Print out necessary handouts.
- Order NEHEP materials in advance.
- Gather all materials needed for the session.
- Rehearse the session.
- Bring healthy snacks for your participants.

Preparation Checklist

Lesson 2: Discovering the Toolkit and Preparing an Educational Session

There is a lot to do to get ready for your educational session, so here is a checklist that you can follow. First, you should read the module to help you understand the basics of diabetic eye disease. This will help you answer questions that participants might have.

Second, you need to think about how you will recruit your participants, and also make sure you have a place to present your educational session. For example, at a community center or in a health clinic waiting room.

Third, print the participant handouts and gather all of the materials that you'll need for the session. Make sure you order publications on diabetic eye disease a few weeks in advance so you can get them in time for your session.

Next, try rehearsing the educational session with colleagues or by yourself so that you will know what to expect.


You may also want to bring some snacks for your participants. Remember to choose healthy snacks that are low in sodium, fat free, and sugar free to help support diabetes management.

If you would like a copy of this preparation checklist, select the button in the right-hand corner.

Diabetes and Healthy Eyes Toolkit

Educational Session Overview

- Welcome participants
- Administer pretest
- Present flipchart
- Lead Q&A activity
- Complete action plan
- Close the session
- Administer posttest



Lesson 2: Discovering the Toolkit and Preparing an Educational Session

Now let's review how you would present an educational session using the toolkit.

Begin the session by welcoming participants and giving them an overview of what they will learn. Next, administer the pretest so that you learn how much your participants know about diabetes and eye health.


Then, present the flipchart. After that, lead participants through the Q&A activity. Next, help participants develop an action plan that they can follow to help them protect their eye health.

Finally, administer the posttest so that you'll know how much your participants learned.

The educational session is designed to last one-and-a-half hours. However, we understand that sometimes you might not have this much time. Take some time to think about what you want to accomplish and tailor the agenda for your educational session.

Diabetes and Healthy Eyes Toolkit

Lesson 3 Introduction



- Lesson 1: Introduction to Diabetic Eye Disease
- Lesson 2: Discovering the Toolkit and Preparing an Educational Session
- Lesson 3: Opening the Educational Session**
- Lesson 4: Presenting the Flipchart
- Lesson 5: Reinforcing Content and Closing the Session

Lesson 3: Opening an Educational Session

Congratulations! You have completed Lesson 2. In Lessons 3, 4, and 5, we'll discuss each step of the educational session in more detail.

Let's start with Lesson 3: Opening an Educational Session.

Diabetes and Healthy Eyes Toolkit

Welcome and Session Overview

- Welcome participants
- Introduce yourself
- Ask participants to introduce themselves
- Distribute handouts
- Assign numbers to participants
 - Use Appendix F: Numbered papers
- Pass around the attendance sheet



Lesson 3: Opening an Educational Session

Begin your session by introducing yourself, welcoming participants, and giving them an overview of what you will present. To create a friendly atmosphere, ask participants to introduce themselves and answer an icebreaker question. For example, ask them to name one thing they want to learn during the educational session.

Then, distribute handouts to the participants and give each participant a numbered piece of paper cut out from Appendix F.

Finally, pass around the attendance sheet from Appendix G and ask participants to write down their names.

Diabetes and Healthy Eyes Toolkit

Pretest for Participants

Pretest for participants

Do not write your name. Write the number you were given in the box

Please answer the following questions. Do not worry if you do not know all of the answers. Your responses are confidential and will not be shared with the group.

1. Glaucoma is a diabetes-related eye disease.
 - A) True
 - B) False
 - C) I am not sure
2. The lens is found inside of the eye and when it becomes unclear, it causes cataract.
 - A) True
 - B) False
 - C) I am not sure
3. The diabetes-related complication that can cause blindness is—
 - A) Neovascularization
 - B) Neovascularization
 - C) Diabetic retinopathy
 - D) I am not sure
4. The most frequent eye diseases in people with diabetes are—
 - A) Diabetic retinopathy, cataract, neovascularization
 - B) Diabetic retinopathy, cataract, glaucoma
 - C) Glaucoma, neovascularization, neovascularization
 - D) I am not sure
5. In the United States, the main cause of blindness in adults is—
 - A) Neovascularization occurring in childhood
 - B) Diabetic retinopathy
 - C) Macular degeneration after age 40
 - D) I am not sure
6. A dilated eye exam allows an eye care professional to see more of the inside of your eyes to check for signs of disease.
 - A) True
 - B) False
 - C) I am not sure
7. Early detection and timely treatment can help reduce the risk of blindness.
 - A) True
 - B) False
 - C) I am not sure
8. Diabetic eye disease usually has early warning signs.
 - A) True
 - B) False
 - C) I am not sure
9. A person with diabetes who has no eye problems should schedule a dilated eye exam at least once a year.
 - A) True
 - B) False
 - C) I am not sure
10. Other diabetes retinopathy, cataract, and glaucoma are eye diseases or conditions without symptoms. Therefore, a dilated eye exam at least once a year is required to detect them.
 - A) True
 - B) False
 - C) I am not sure

DIABETES AND HEALTHY EYES


Lesson 3: Opening an Educational Session

After everyone has had a chance to introduce themselves, ask participants to complete the pretest. The pretest will tell you how much they already know about diabetes and eye-related complications.

Ask participants to write their number on the pretest. Give them a few minutes to answer the questions on the pretest and collect them when everyone has finished. Remind participants not to write their names on the pretests to help keep the results confidential. Participants should also keep their numbers until the end of the educational session because they will need to use them again for the posttest.

Diabetes and Healthy Eyes Toolkit

Lesson 4



- Lesson 1: Introduction to Diabetic Eye Disease
- Lesson 2: Discovering the Toolkit and Preparing an Educational Session
- Lesson 3: Opening the Educational Session
- Lesson 4: Presenting the Flipchart**
- Lesson 5: Reinforcing Content and Closing the Session

Lesson 4: Presenting the Flipchart

You have now completed Lesson 3. Let's move onto Lesson 4: Presenting the Flipchart.

In this lesson, you will learn—

- How to use the flipchart
- The topics covered in the flipchart
- Tips for using the flipchart

Diabetes and Healthy Eyes Toolkit

Flipchart Topics



- [Risk Factors for Developing Diabetes](#)
- [Diabetes and Eye Complications](#)
- [Anatomy of the Eye](#)
- [The Comprehensive Dilated Eye Exam](#)
- [Diabetic Retinopathy](#)
- [Diabetes and Cataract](#)
- [Diabetes and Glaucoma](#)
- [The Eye Health Team](#)

Lesson 4: Presenting the Flipchart

The flipchart covers eight topics.

1. Risk Factors for Developing Diabetes
2. Diabetes and Eye Complications
3. Anatomy of the Eye
4. The Comprehensive Dilated Eye Exam
5. Diabetic Retinopathy
6. Diabetes and Cataract
7. Diabetes and Glaucoma
8. The Eye Health Team

Let's explore the content of the flipchart. Select each topic to learn more.

Flipchart Topics

Participants will see—



You will see—

Risk Factors for Developing Diabetes

- Family History
- High Blood Pressure
- Obesity
- High Cholesterol
- Gestational Diabetes



The first topic is Risk Factors for Developing Diabetes. This page will help you explain how family history, high blood pressure, obesity, high cholesterol, and gestational diabetes are all factors that can increase a person's risk of developing diabetes.

Participants will see—



You will see—

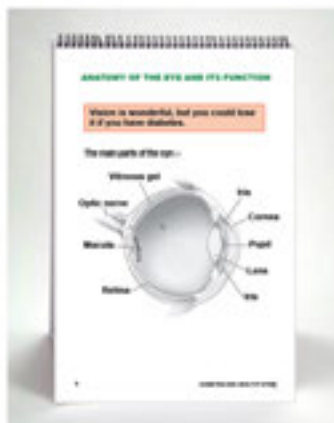
Diabetes and Eye Complications

- Causes of diabetes
- Complications of diabetes
- Diabetic eye disease
- How diabetic eye disease can cause blindness



The second topic is Diabetes and Eye Complications. This page will help you explain how diabetes can cause serious eye diseases that are leading causes of vision loss and blindness.

Participants will see—



You will see—

Anatomy of the Eye

- Parts of the eye
- Functions of each part



The third topic is Anatomy of the Eye. This page will help you explain the various parts of the eye and their functions.

Participants will see—



You will see—

The Comprehensive Dilated Eye Exam

- Purpose of the comprehensive dilated eye exam
- What happens during a comprehensive dilated eye exam
- Importance of receiving a comprehensive dilated eye exam

Back

The fourth topic is the Comprehensive Dilated Eye Exam. This page will help you explain what a comprehensive dilated eye exam is, why it is important, and how it helps people with diabetes protect their vision.

Participants will see—



You will see—

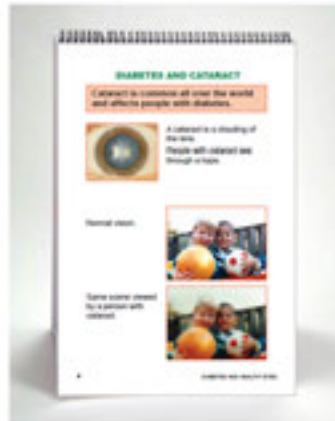
Diabetic Retinopathy

- Effects on vision
- Lack of symptoms in early stages
- Possible treatments



The fifth topic is Diabetic Retinopathy. This page will help you explain how diabetic retinopathy affects a person's vision. You will also discuss its lack of symptoms in its early stages and possible treatments.

Participants will see—



You will see—

Diabetes and Cataract

- Effects on vision
- Lack of symptoms in early stages
- Possible treatments



The sixth topic is Diabetes and Cataract. This page will help you explain how a cataract affects a person's vision. You will also explain its symptoms and possible treatments.

Participants will see—



You will see—

Diabetes and Glaucoma

- Effects on vision
- Lack of symptoms in early stages
- Possible treatments



The seventh topic is Diabetes and Glaucoma. This page will help you explain how glaucoma affects a person's vision. You will also discuss its lack of symptoms in the early stages and possible treatments.

Participants will see—



You will see—

Eye Health Team

- Health professionals on the eye health team
- What people with diabetes should do to protect their vision
- How the Eye Health Team can help people with diabetes



The eighth topic is the Eye Health Team. This page will help you tell participants who can help them protect their vision. Be sure to mention that only an ophthalmologist or optometrist can give a comprehensive dilated eye exam.

Flipchart Tips and Best Practices

- Use language that the participants can understand.
- Avoid reading the text.
- Point to illustrations.
- Think of creative ways to explain difficult concepts.
- Ask questions to check if participants understand.



Lesson 4: Presenting the Flipchart

In order to make the best use of the flipchart, you should—

- Use language that participants can understand.
- Avoid reading the text.
- Point to illustrations.
- Think of creative ways to explain difficult concepts, such as using visual aids or sharing personal stories participants can relate to.
- Ask questions to check if participants understand. Encourage participants to ask questions.

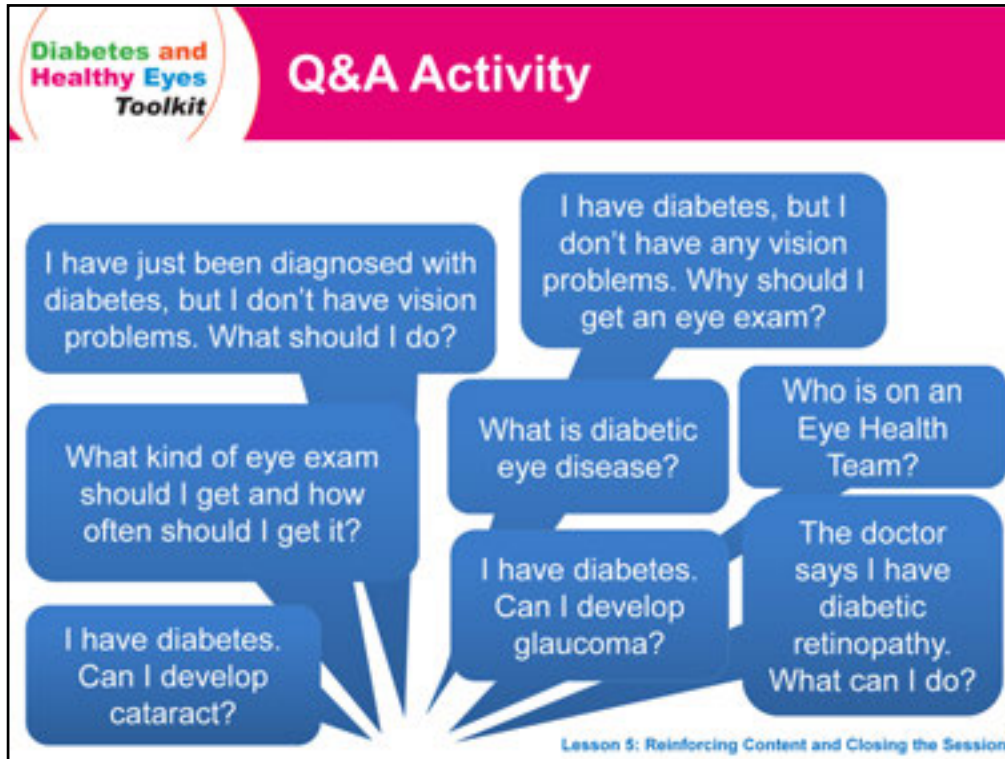
The more you use the flipchart, the more familiar you will become with the content!



Congratulations! You have completed Lesson 4. Now let's move on to Lesson 5: Reinforcing Content and Closing the Session.

In this lesson, you will learn—

- How to lead the Q&A activity
- How to gain commitment through an action plan
- How to administer the posttest
- How to close the session



After presenting the flipchart, you will move onto the Q&A activity. This activity encourages audience participation and reinforces key information.

In order to lead the Q&A activity, you will need the eight questions from Appendix J – Activity Questions.

Q&A Activity

- Ask for eight volunteers and give each of them a question.
- Ask a volunteer to hold up his/her question and read it aloud.
- Ask the other participants to answer the question.
- Repeat this until all eight questions are answered.



For this activity, ask for eight volunteers and hand each one of them a question from Appendix J – Activity Questions. After you have passed out all of the questions, ask each volunteer to read his or her question out loud. Then, ask other participants to answer the question. If participants don't know the answer, or don't answer correctly, use this as an opportunity to review that topic on the flipchart. Repeat this process until all of the questions have been answered.



Question: *What is diabetic eye disease?*

Participants should answer: Diabetic eye disease refers to a group of eye problems that people with diabetes may face as a complication of diabetes. It includes cataract, diabetic retinopathy, and glaucoma.



Question: *I have diabetes. Can I develop glaucoma?*

Participants should answer: Yes, glaucoma is almost twice as likely to occur in people with diabetes than in those without the disease.



Question: *I have diabetes. Can I develop cataract?*

Participants should answer: Yes, people with diabetes are twice as likely to develop cataract and to develop them at an earlier age than are those without diabetes.

Diabetes and Healthy Eyes Toolkit

Q&A Activity

I have just been diagnosed with diabetes, but I don't have vision problems. What should I do?

Lesson 5: Reinforcing Content and Closing the Session

The image shows a woman with dark, curly hair, wearing a black sleeveless top, smiling and holding a white sign. The sign contains the text: "I have just been diagnosed with diabetes, but I don't have vision problems. What should I do?". The background is white. In the top left corner, there is a logo for "Diabetes and Healthy Eyes Toolkit" with "Diabetes and" in green, "Healthy Eyes" in blue, and "Toolkit" in black. In the top right corner, there is a pink banner with the text "Q&A Activity" in white. In the bottom right corner, there is a small blue text box that says "Lesson 5: Reinforcing Content and Closing the Session".

Question: *I have just been diagnosed with diabetes, but I don't have vision problems. What should I do?*

Participants should answer: Go to an eye care professional and get a dilated eye exam. The eye care professional will determine when treatment is needed.



Question: *I have diabetes, but I don't have any vision problems. Why should I get an eye exam?*

Participants should answer: You should get an eye exam because there are often no symptoms in the early stages of the disease, nor is there any pain. Early detection and timely treatment can help reduce the risk of blindness.



Question: *What kind of eye exam should I get and how often should I get it?*

Participants should answer: You should get a dilated eye exam at least once a year. Your eye care professional will determine how often you will need a dilated eye exam.



Question: *The doctor says I have diabetic retinopathy. What can I do?*

Participants should answer: Follow the treatment plan prepared by your eye care professional.

To prevent or slow the progression of diabetic retinopathy, people with diabetes should—

- Control glucose levels
- Control blood pressure
- Control cholesterol levels



Question: *Who is on an Eye Health Team?*

Participants should answer: An eye health team can be made up of a certified diabetes educator, health promoter, nurse, eye care professional (ophthalmologist or optometrist), pharmacist, primary care provider, and social worker.

Diabetes and Healthy Eyes Toolkit

Gaining Commitment

Find an eye care professional (Appendix C) → Set a timeframe → Make an Action Plan (Appendix E)

Action Plan

Lesson 5: Reinforcing Content and Closing the Session

So, now that you have covered all of the information on diabetes and eye health, how do you encourage participants to make a commitment to take care of their vision?

Here are three ways that you can help them take the next step:

1. Provide your participants with a list of eye care professionals in the community. Use Appendix C – Local Eye Health Team Resources – to gather information on local eye health services that are easily accessible, focus on prevention, treatment, and vision rehabilitation; and have experience with patients with cataract, diabetic retinopathy, and glaucoma.
2. Recommend that participants set a timeframe or a special date to remind them that it is time to make an appointment for a comprehensive dilated eye exam. For example, birthdays, around Mother’s or Father’s day, or every May during Healthy Vision Month.
3. Ask participants to develop an action plan. The action plan acts as a promise that participants make to manage their diabetes, protect their sight, and get a comprehensive dilated eye exam once a year. You can find a copy of the action plan in Appendix E or select the Action Plan button on the screen to download a copy.

Diabetes and Healthy Eyes Toolkit

Action Plan

Action plan

I want to make healthy vision a health priority. I will do the following to be healthier and maintain good eye health:

- Get a dilated eye exam at least once a year.
- Keep my glucose levels under control.
- Maintain my blood pressure at 130/80 mmHg or less.
- Maintain my cholesterol levels within a healthy range.
- Walk at least 30 minutes a day five times a week.
- Eat more fruits and vegetables and fewer carbohydrates.
- Get more fluids with fat.
- Check my feet daily.
- Take all of the medication prescribed by my doctor.

I want to make healthy lifestyle choices for my family and me.

Signature _____ Date _____

As your health provider, I am here to support you and help you maintain good eye health.

Signature _____ Date _____

Health provider's telephone number _____

DIABETES AND HEALTHY EYES

Lesson 5: Reinforcing Content and Closing the Session

Have each participant write his or her name.

Review these points with the participants and have them add other actions at the bottom.

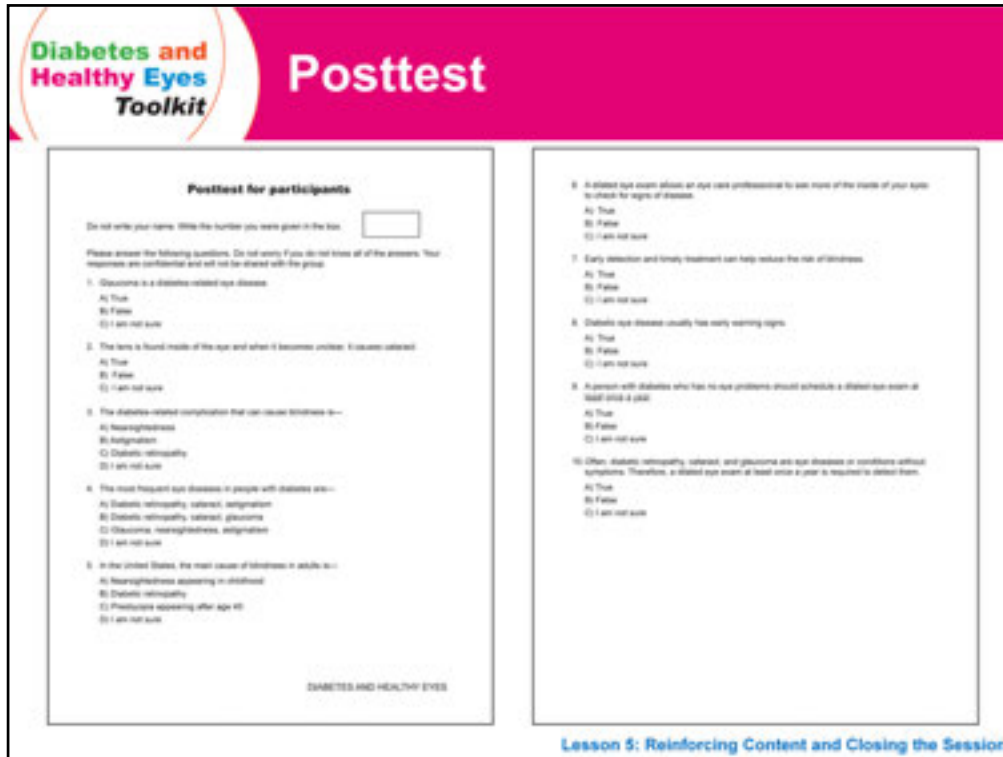
Have the participant sign and date the pledge.

Sign your name and write your telephone number.

To fill out the action plan, ask participants to write their names in the space at the top. Then, go over the things that they will do to manage their diabetes and maintain eye health. Finally, have them sign the action plan.

If you feel comfortable, write your phone number on the action plan and sign it as a promise to help participants manage their diabetes and maintain their eye health.

Participants can take the action plan home. They may want to put it somewhere where they can see it.




The last step in presenting an educational session is to administer the posttest.

The posttest has the same questions as the pretest. It will tell you how much the participants learned during the session.

Give each participant a posttest and have them write the same number they used for the pretest at the top. After everyone has finished, collect the posttests.

Wait until participants have left to look at the results of the pretest and posttest. To figure out how much the participants learned, you can compare the number of questions they answered correctly on the pretest with the number of questions they answered correctly on the posttest.



Closing the Session

- Ask participants if they want to share what they learned or how to improve the educational session.
- Hand out publications that you ordered from the National Eye Health Education Program.
- Encourage participants to visit <http://www.nei.nih.gov/diabetes> for more information.

Lesson 5: Reinforcing Content and Closing the Session

After participants finish answering the posttest, the educational session is over.

Thank everyone for coming and ask if they want to share what they learned. You can also ask them how to improve the educational session.

Don't forget to hand out the publications that you ordered from NEHEP, along with any other handouts, and encourage them to visit <http://www.nei.nih.gov/diabetes> for more information.

You have now finished Lesson 5.

Before we finish this training course, let's see how much you learned. The next screens have questions from the participant posttest. Answer the questions to see what you know about diabetes and eye health.



Posttest Question

Glaucoma is a diabetes-related eye disease.

- A) True
- B) False

Submit

Clear

Lesson 5: Reinforcing Content and Closing the Session

Glaucoma is a diabetes-related eye disease.

A. True

B. False

Posttest Answer

Glaucoma is a diabetes-related eye disease.

- A) True
- B) False

The correct answer is A. True. Diabetes puts you at a higher risk to develop glaucoma, so glaucoma is a diabetes-related eye disease.

Posttest Question

The most frequent eye diseases in people with diabetes are—

- A) Astigmatism, cataract, diabetic retinopathy
- B) Cataract, diabetic retinopathy, glaucoma
- C) Astigmatism, glaucoma, nearsightedness

Submit

Clear

The most frequent eye diseases in people with diabetes are—

- A. Astigmatism, cataract, diabetic retinopathy
- B. Cataract, diabetic retinopathy, glaucoma
- C. Astigmatism, glaucoma, nearsightedness

Posttest Answer

The most frequent eye diseases in people with diabetes are—

- A) Astigmatism, cataract, diabetic retinopathy
- B) Cataract, diabetic retinopathy, glaucoma**
- C) Astigmatism, glaucoma, nearsightedness

The correct answer is B. Cataract, diabetic retinopathy, glaucoma. These are the most frequent eye diseases in people with diabetes.

Posttest Question

In the United States, the main cause of blindness in adults is—

- A) Nearsightedness appearing in childhood
- B) Diabetic retinopathy
- C) Presbyopia appearing after age 40

Submit

Clear

In the United States, the main cause of blindness in adults is—

- A. Nearsightedness appearing in childhood
- B. Diabetic retinopathy
- C. Presbyopia appearing after age 40

Posttest Answer

In the United States, the main cause of blindness in adults is—

- A) Nearsightedness appearing in childhood
- B) Diabetic retinopathy**
- C) Presbyopia appearing after age 40

The correct answer is B. Diabetic retinopathy. Diabetic retinopathy is the main cause of blindness in adults in the United States.

Posttest Question

Early detection and timely treatment can help reduce the risk of blindness.

- A) True
- B) False

Submit

Clear

Early detection and timely treatment can help reduce the risk of blindness.

A. True

B. False

Posttest Answer

Early detection and timely treatment can help reduce the risk of blindness.

- A) True
- B) False

The correct answer is A. True. Early detection and timely treatment can help reduce the risk of blindness.

Posttest Question

Diabetic eye disease usually has early warning signs.

- A) True
- B) False

Submit

Clear

Diabetic eye disease usually has early warning signs.

A. True

B. False

Posttest Answer

Diabetic eye disease usually has early warning signs.

- A) True
- B) False**

The correct answer is B. False. There are usually no early warning signs or symptoms of diabetic eye disease.

Posttest Question

A person with diabetes who has no eye problems should schedule a comprehensive dilated eye exam at least once a year.

- A) True
- B) False

Submit

Clear

A person with diabetes who has no eye problems should schedule a comprehensive dilated eye exam at least once a year.

- A. True
- B. False

Posttest Answer

A person with diabetes who has no eye problems should schedule a comprehensive dilated eye exam at least once a year.

- A) True
- B) False

The correct answer is A. True. A person with diabetes should schedule a dilated eye exam at least once a year, even if he or she has no eye problems.

Posttest Question

Often, cataract, diabetic retinopathy, and glaucoma are eye diseases or conditions without symptoms. Therefore, a comprehensive dilated eye exam at least once a year is required to detect them.

- A) True
- B) False

Submit

Clear

Often, cataract, diabetic retinopathy, and glaucoma are eye diseases or conditions without symptoms. Therefore, a comprehensive dilated eye exam at least once a year is required to detect them.

A. True

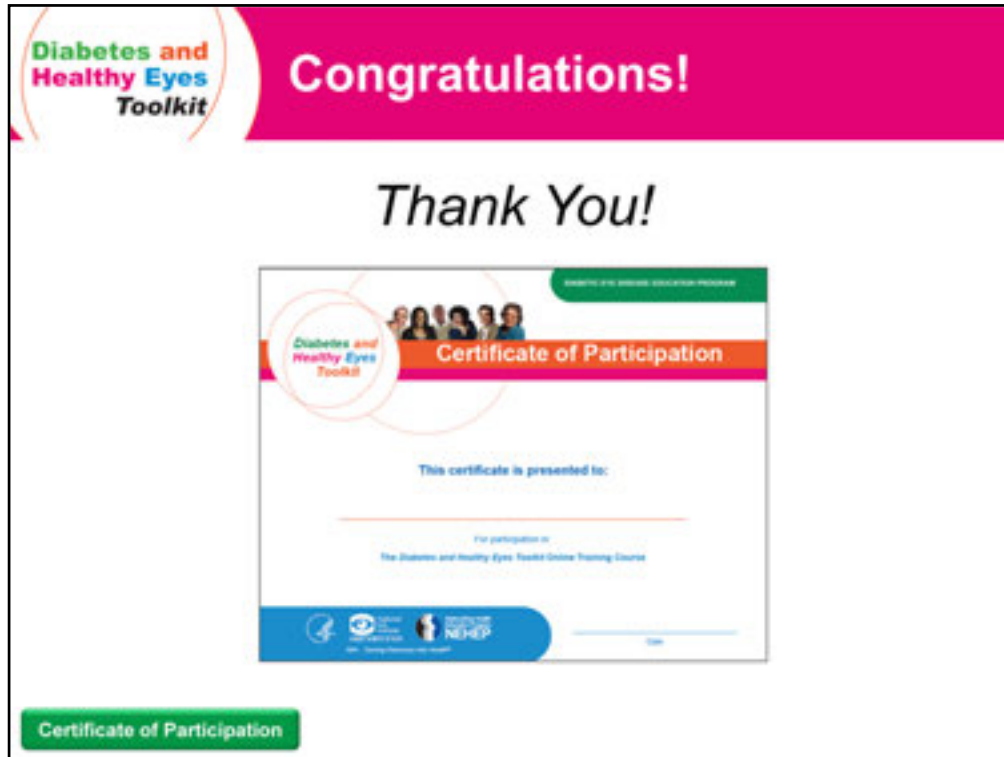
B. False

Posttest Answer

Often, cataract, diabetic retinopathy, and glaucoma are eye diseases or conditions without symptoms. Therefore, a comprehensive dilated eye exam at least once a year is required to detect them.

- A) True
- B) False

The correct answer is A. True. Because diabetic eye diseases often have no symptoms, a dilated eye exam at least once a year is required to detect them.



Congratulations! You have completed the *Diabetes and Healthy Eyes Toolkit* Online Training course.

This training covered many topics, including—

- Eye complications related to diabetes
- The importance of getting a comprehensive dilated eye exam
- Toolkit contents
- Preparation and facilitation of an educational session
- Presentation of the Q&A activity
- Creation of an action plan
- Administration of the posttest
- Closing the session

You are now ready to use the *Diabetes and Healthy Eyes Toolkit* in your community. You can go back to any part of this training if you would like to review it.

Make sure you download and print your certificate of participation.