

University of Illinois Chicago | Office of Technology Management
Diabetes Empowerment Education Program (DEEP™)
Training of Trainers (TOT)
PEER EDUCATORS

Agenda

DAY 1

- 9:00-9:30 Registration and Pre-test
- 9:30-9:45 Welcome and Introduction of Sponsoring Institution
- 9:45-10:30 Group Introductions/Icebreaker and Group Rules
Participants will:
- ♣ *Get to know each other through an icebreaker*
 - ♣ *Be welcomed and develop a sense of group cohesion*
 - ♣ *Define group rules to maintain effectiveness during the three-day workshop*
- Activity: Please write your name and 3 things about you on a sheet of notebook paper. Tape it to your chest. Circle room and read names and lists of fellow participants without speaking
- 10:30-11:00 Diabetes Overview
Participants will be able to:
- ♣ *Describe levels of diabetes in the country*
 - ♣ *Identify ethnic/racial differences in prevalence of diabetes*
 - ♣ *Describe association of diabetes epidemic with obesity*
- 11:00 – 11:15 Break
- 11:15 – 11:45 DEEP Overview
Participants will:
- ♣ *Describe goals and objectives of the program*
 - ♣ *Describe the methodology and educational strategies applied throughout the course*
 - ♣ *Describe the curriculum content*
- 11:45- 12:30 Adult Education and Facilitation Techniques
Participants will be able to:
- ♣ *Describe principles of adult education*
 - ♣ *Identify strategies to educate patients with diabetes*
 - ♣ *Identify strategies to implement Action Plans among participants.*
- 12:30 – 1:30 Lunch Break
- 1:30 – 2:30 Beginning Sessions and Understanding the Human Body (Module 1)
Participants will be able to:
- ♣ *Explain the anatomy and function of the main organs of the human body and their relation to diabetes, including health effects of tobacco*

Diabetes Empowerment Education Program (DEEP™) Training of Trainers (TOT)

- ▲ *Implement teaching techniques for the study of the physiology using simple and inexpensive resources*

Activity: Draw the Human Body and add its organs

2:30 - 3:00

Understanding Diabetes and its Risk Factors (Module 2)

Participants will be able to:

- ▲ *Describe in simple terms the concept of diabetes and its types*
- ▲ *Identify key numbers in the diagnosis and control of diabetes*
- ▲ *Describe activities to prevent diabetes complications*

3:00-3:15

Break

3:15 – 4:00

Understanding Diabetes and its Risk Factors (Module 2)

Participants will be able to:

- ▲ *Identify risk factors for diabetes*
- ▲ *Describe tobacco as an independent risk factor for diabetes*
- ▲ *Describe the modifiable risk factors to prevent diabetes and tobacco use*
- ▲ *Implement an exercise to facilitate participants' own assessment of their risk factors.*

Activity: Risk Factor Self Assessment Sheet

4:00-4:45

Monitoring Your Body (Module 3)

Participants will be able to:

- ▲ *Demonstrate how to use a glucose meter*
- ▲ *Describe the benefits of glucose self-monitoring in diabetes self-management*

Activity: Use of the Glucose meter

4:45 to 5:00

Informal Evaluation and Closing

Participants will:

- ▲ *Summarize important information*
- ▲ *Give feedback to the trainers*

Activity: Fill out Informal Evaluations

Proceed to following page for Day 2 →

Diabetes Empowerment Education Program (DEEP™) Training of Trainers (TOT)

DAY 2

- 9:00-9:15 Welcome and Reflection
Participants will:
- ♣ *Express how diabetes and tobacco affects their personal and professional lives*
 - ♣ *Share their feelings about information and issues identified on Day 1*
- 9:15-10:30 Diabetes Complications: Identification and Prevention (Module 6)
Participants will be able to:
- ♣ *Describe the main complications related to diabetes*
 - ♣ *Describe self-care activities to prevent diabetes complications*
 - ♣ *Describe tobacco related complications for people with diabetes*
- Activity: [Discussing easy low cost tools and kits for participants](#)
- 10:30-10:45 Break
- 10:45-11:15 Learning about Medications and Medical Care (Module 7)
Participants will be able to:
- ♣ *Identify the different types of medications used to treat diabetes*
 - ♣ *Demonstrate different paths by which medications control glucose*
 - ♣ *Identify challenges and safety issues related to medication use*
- Activity: [Demonstration of medication mechanisms of action, or Discussion of information on drug label](#)
- 11:15-12:30 Health Management through Meal Planning (Module 5)
Participants will be able to:
- ♣ *Implement a simple exercise to read and interpret nutritional values from food labels*
 - ♣ *Recommend healthy eating following the food pyramid guide*
 - ♣ *Demonstrate recommended meal portions*
- Activity: [Design a Menu and analyze Food Labels](#)
- 12:30-1:30 Lunch Break
- 1:30-2:15 Learning about Medications and Medical Care (Module 7)
Participants will be able to:
- ♣ *Demonstrate the use of the self-management card to evaluate clinical data used in diabetes self-management*
 - ♣ *Describe in simple terms the roles of the medical team members, specialists and other service providers*
 - ♣ *Correctly interpret A1C, blood pressure, and cholesterol values*
- Activity: [Role Playing, the role of the Health Care Team](#)

Diabetes Empowerment Education Program (DEEP™) Training of Trainers (TOT)

- 2:15 – 3:00 Get up and Move! Diabetes and Physical Activity (Module 4)
Participants will be able to:
- ♣ *Describe the benefits of exercise*
 - ♣ *Identify the types of exercise appropriate for persons with diabetes*
 - ♣ *Demonstrate simple and fun physical activities that can be integrated into one's daily routine*
- [Activity: Using the Theraband](#)
- 3:00-3:15 Break
- 3:15 – 4:00 Living with Diabetes: Mobilizing Family and Friends (Module 8)
Participants will be able to:
- ♣ *Identify the impact of stress in the physiology and the mind including signs/symptoms of depression*
 - ♣ *Identify stressors associated with diabetes and tobacco cessation*
 - ♣ *Recommend strategies to cope with stress, depression and tobacco cessation*
- [Activity: Discussion of Counseling Strategies, Solutions to Scenarios, Relaxation](#)
- 4:00 – 4:45 Next Day Assignment and Task Preparation/ Criteria for Evaluation
Participants will:
- ♣ *Organize teams for group presentations*
 - ♣ *Review specific instructions on the content and procedures for presentations: apply principles of adult education and facilitation techniques in a culturally competent manner*
 - ♣ *Receive and prepare material for next day*
- 4:45-5:00 Review and Informal Evaluation
Participants will:
- ♣ *Summarize significant information*
 - ♣ *Give feedback to the trainers*
- [Activity: Fill out Informal Evaluations](#)

Proceed to following page for Day 3 →

Diabetes Empowerment Education Program (DEEP™) Training of Trainers (TOT)

DAY 3

- 9:00-9:15 Welcome and Reflection
Participants will have the opportunity to:
- ♣ *Share feelings that emerged from information received on Day 2*
- 9:15 – 10:00 Review/ Summary
- 10:00 -10:30 Implementation of DEEP
Participants will:
- ♣ *Identify the main steps in the implementation of DEEP*
 - ♣ *Identify resources and conditions necessary to conduct the classes*
 - ♣ *Describe program evaluation components*
- 10:30 – 10:45 Follow-up Plans for the DEEP Program
- ♣ *Sponsoring organization will discuss what type of technical assistance is provided and/or data to be collected for follow-up activities*
- 10-45 – 11:00 Presentation Preparation

PRESENTATIONS

- 11:00 – 12:30 Team 1, Team 2, Team 3, Team 4, Team 5
Participants will:
- ♣ *Demonstrate knowledge and skills gained throughout the training*
 - ♣ *Receive and provide feed-back to presenters using performance rubrics*

Lunch

- 2:30-3:00 Building a Net
Participants will:
- ♣ *Reflect and share lessons learned and discuss the relationships created throughout the 3-day training*

- 3:00 – 3:30 Formal Evaluation/Post-test
Participants will:
- ♣ *Complete a post-test and evaluation survey*

Graduation

- Participants will:*
- ♣ *Certificates of Participation.*