

Virtual Conversation Map[®] for Diabetes

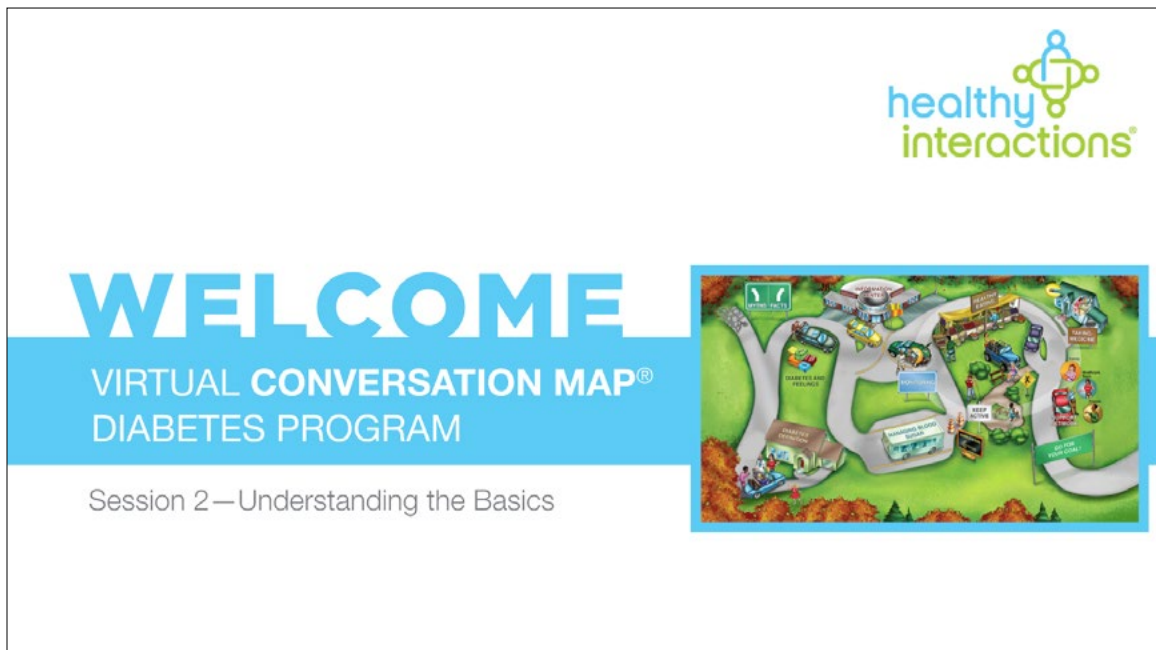
Facilitator Guide



Session 2

Understanding
the Basics

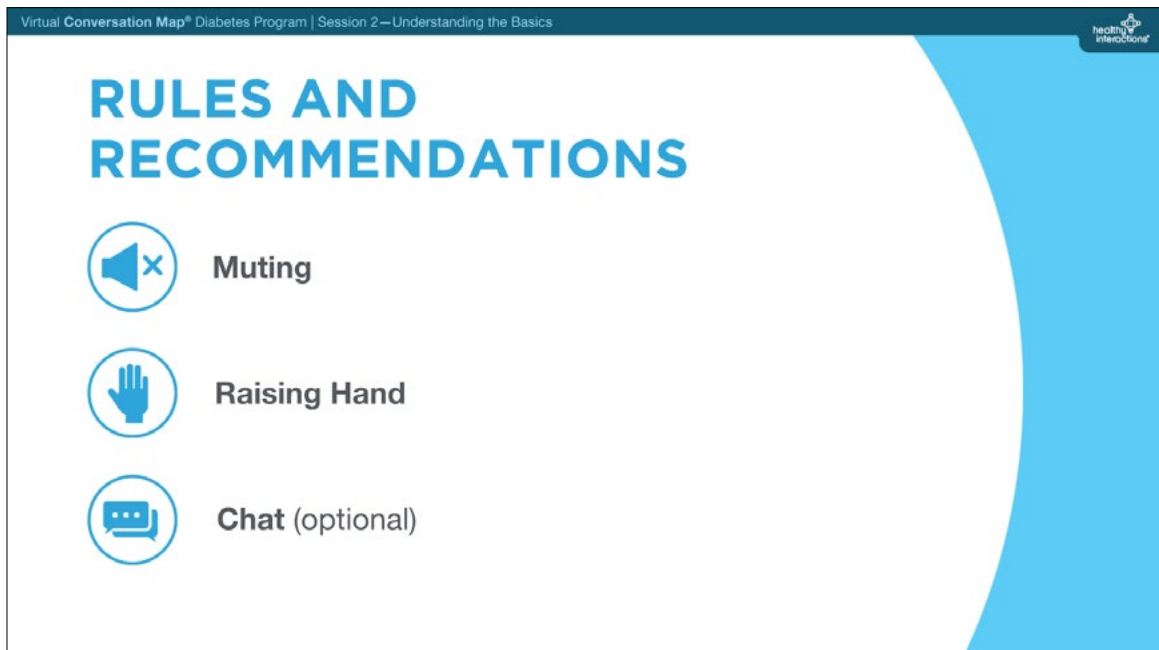
2



Welcome back! Again, my name is <your name> and in today's session we will be focusing more on understanding diabetes and how it impacts your daily lives. [\(continue reading\)](#)


Just a few reminders...this program and process requires participation in the form of reading, listening, and talking, so you can learn from one another and make decisions to help you better manage your diabetes. [\(continue reading\)](#)

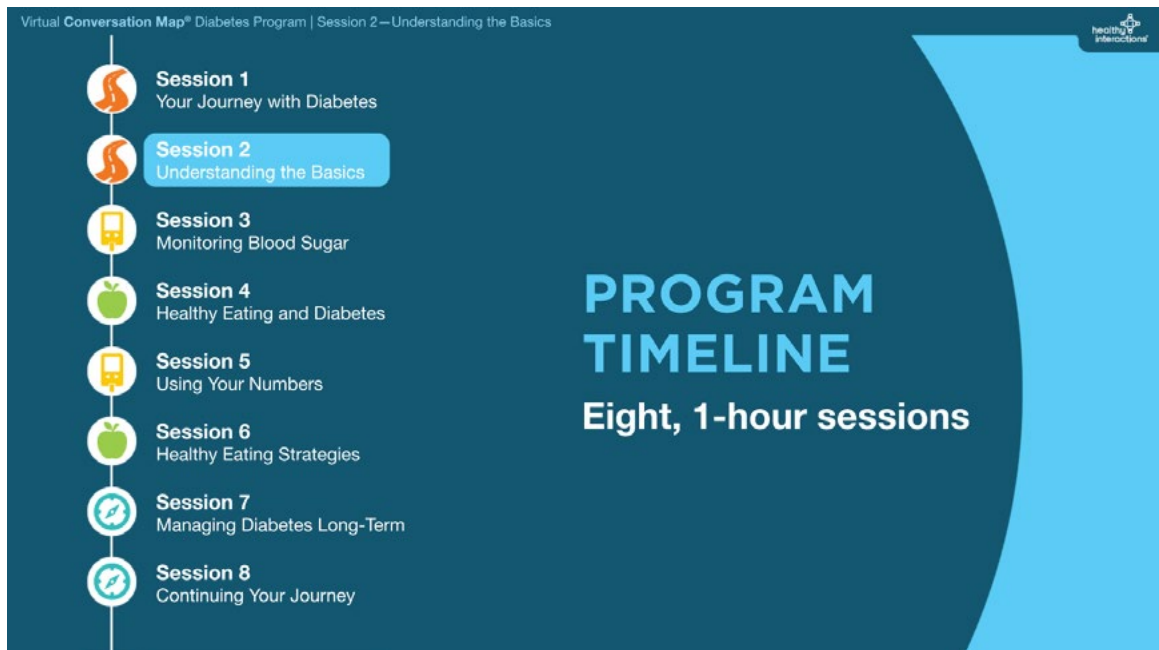
The process uses a *Conversation Map* visual, which you should see on the right side of your screen. We will be using the same Map visual that we used last time, **but** we will be exploring some of the areas we **did not** cover last time.



Does anyone need a refresher on muting and unmuting, raising their hand, (or the chat window)? (stop and discuss)

Visual Highlight:

Hover  your cursor over the *icons* to the left to direct participant's attention to the specific rule/recommendation while it is being described.



Today is session two of our program and our focus will be on better understanding diabetes. It's a continuation of where we left off last session.

Virtual Conversation Map® Diabetes Program | Session 2—Understanding the Basics

HOW HAS IT BEEN GOING?

Do you have a success, challenge, or question about your experience since our last session you would like to share?



The image shows a man in a white shirt looking at a smartphone. Overlaid on the image are several digital health metrics: a blood pressure reading of 150/90, an activity level of 45 minutes, and a weight of 160 lbs. The background is a green gradient.

Okay, with that let's get started by briefly discussing what you have been working on since our last session. Would anyone like to share something about their experiences since we last met, like a success, challenge, or question that has come up for you? (stop and discuss)

Thanks for sharing some of what you have been doing since our last session.

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healthy interactions

HOW HAS IT BEEN GOING?

Did you set a goal?

How did that go?

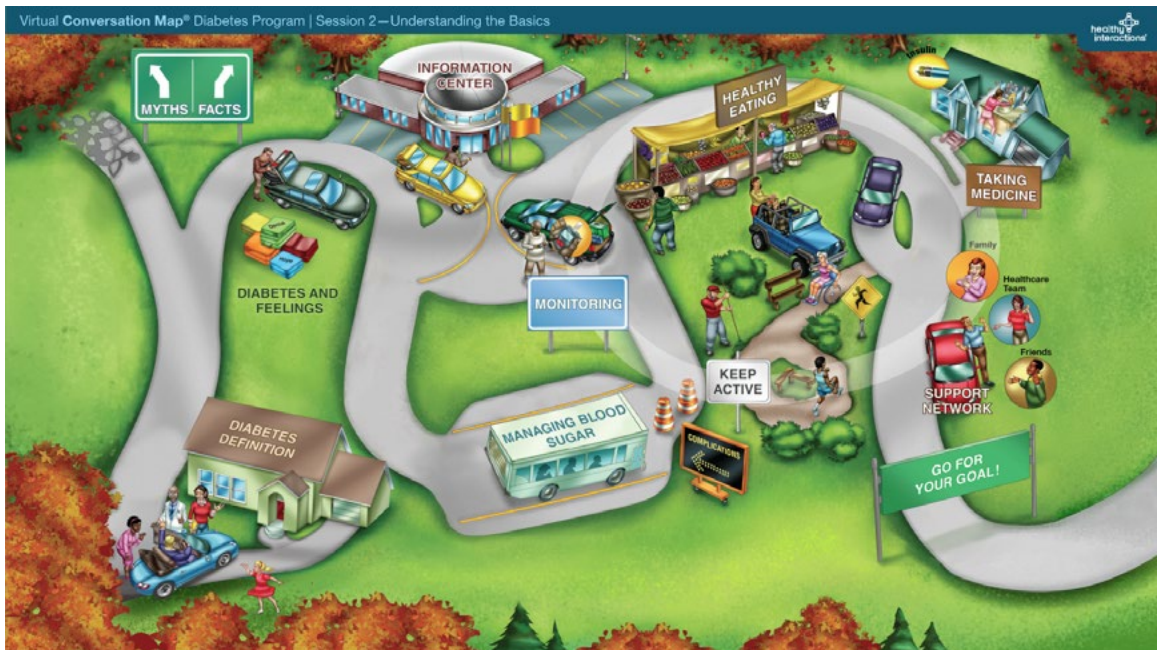


The screenshot of the map4health app shows a 'Goals' screen. At the top, there's a calendar with a red header. Below that, a 'Recent Progress' section shows a bar chart with a red line. The 'Next Steps' section lists 'Activity: 45 minutes' and 'Blood A1C < 8.0%'. A large red number '45' is visible on the right side of the app interface.

Last time, I asked everyone to set some goals. How did that go? Would anyone like to share the goal they set? Were you able to make any changes related to that goal since our last session? (stop and discuss)

That's great! Just remember, if questions come up outside these sessions, I can also help if you send me a message through the *map4health*® app or otherwise.


Session 2—Understanding the Basics



People with diabetes will no doubt experience many successes and challenges as it relates to managing their diabetes. The key is finding things that work for you that help you manage your blood sugar and reduce the risks of complications; and often times, that is a matter of trial and error.

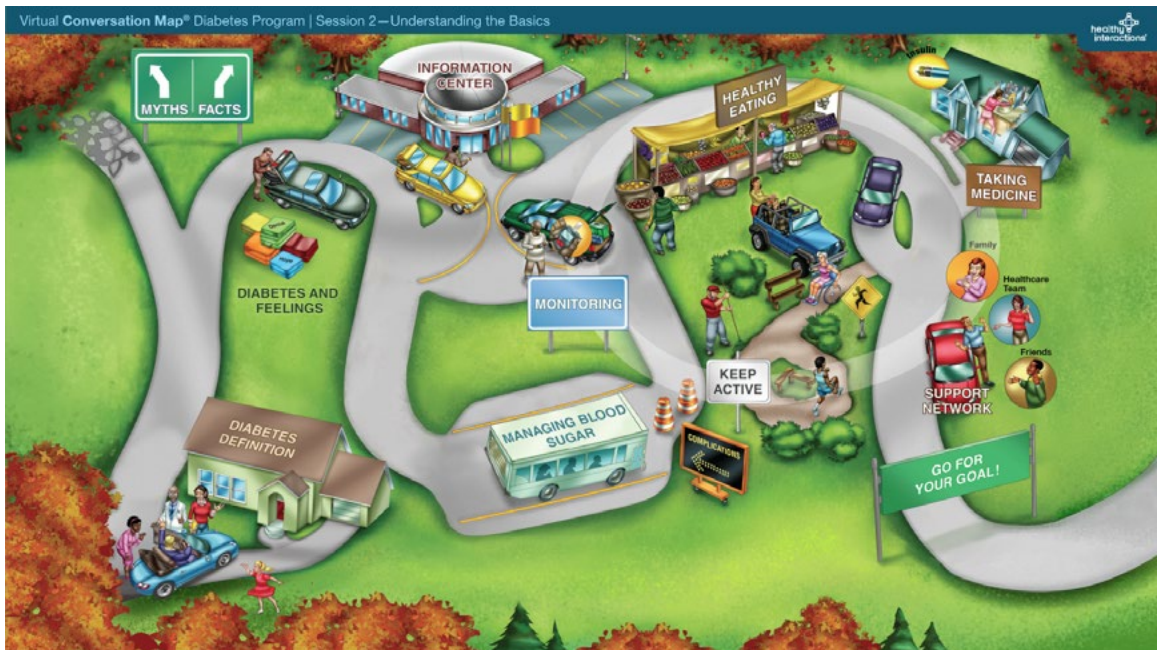


Visual Highlight:

Hover  your cursor over the *numbers* along the dotted line to direct participants' attention to each topic while it is being described.

Now, let's take a look at the specific topics we will be discussing in this session. Today we will explore:

1. Some common myths and facts about diabetes and how to get the information you need
2. The various ways you can manage diabetes, including healthy eating
3. Monitoring your blood sugar and using your results, and
4. Tracking your goals and results



Last time we talked about how you define diabetes and what your experience with diabetes has been like. In addition to knowing what diabetes is and what type of diabetes you have, you will be able to make smarter decisions if you have all of the facts. [\(continue reading\)](#)

Today's first stop is at the upper-left corner of the Map visual where we find the *myths and facts sign*. Unfortunately, there is too much wrong information, or myths, out there about diabetes. Myths can lead you down the wrong road when it comes to managing your diabetes, whereas the facts can serve as a road map for better managing your diabetes. Let's take a closer look at some myths and facts about diabetes.



This slide contains an activity that requires you to click on a button(s) to complete the activity. Do not move on to the next slide until all buttons have been clicked.

We are going to look at several statements one at a time. Then, as a group, let's discuss and determine if we think the statement is a myth or a fact about diabetes, and why. Afterwards, I will reveal the correct answer.


(continue reading)

Let's take turns reading the information on the myth or fact card. May I have a volunteer start us off and read aloud the information in the white box? (stop and do)



Facilitator Tip:

Pause for a couple of seconds to get someone to step up and volunteer—remember, silence can be golden. Your prior session's experience should assist you in knowing whether or not this may be a difficult task for group members to carry out—feel free to take it upon yourself to read the statement aloud if you feel like the members of the group would benefit from you doing the reading.

After the participant reads the information on the card and the group provides their opinion and supporting reason(s) on whether the statement is a myth or fact, click  on the card with your cursor to reveal whether the information is a myth or a fact, as well as the next card. Ask for a volunteer to read the information for each card and prompt the group to discuss whether they think it is a myth or a fact, and why.

Do you think that is a myth or fact? And why? (stop and discuss)

Answers

Myth (M) or Fact (F)

A very low carb diet (like Atkins or Keto) is the best diet for people with diabetes.	M
Insulin causes complications.	M
If a person with diabetes feels okay, he or she is okay.	M
Smoking increases the risk of the complications of diabetes.	F
Blood sugar monitoring can help you manage your diabetes.	F
People with diabetes can't eat sweets or chocolate.	M
You can lower high blood sugar with high-fiber foods.	F
You are in charge of managing your diabetes.	F
Your body needs carbohydrates for energy.	F
Eating too much sugar causes diabetes.	M

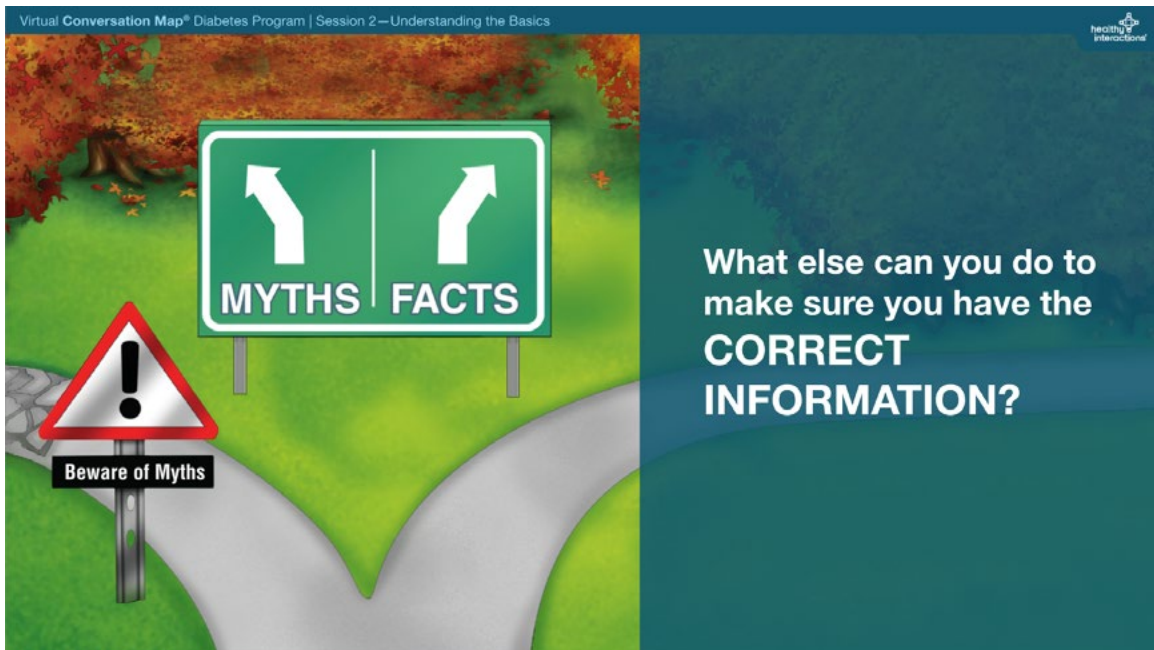
Have you heard any other myths about diabetes that weren't listed on one of these cards?
(stop and discuss)



Where are some of the most common places people hear these myths or get incorrect information about diabetes? (stop and discuss)



How can you respond to people who give you information or offer advice you know is, or may be, wrong? (stop and discuss)



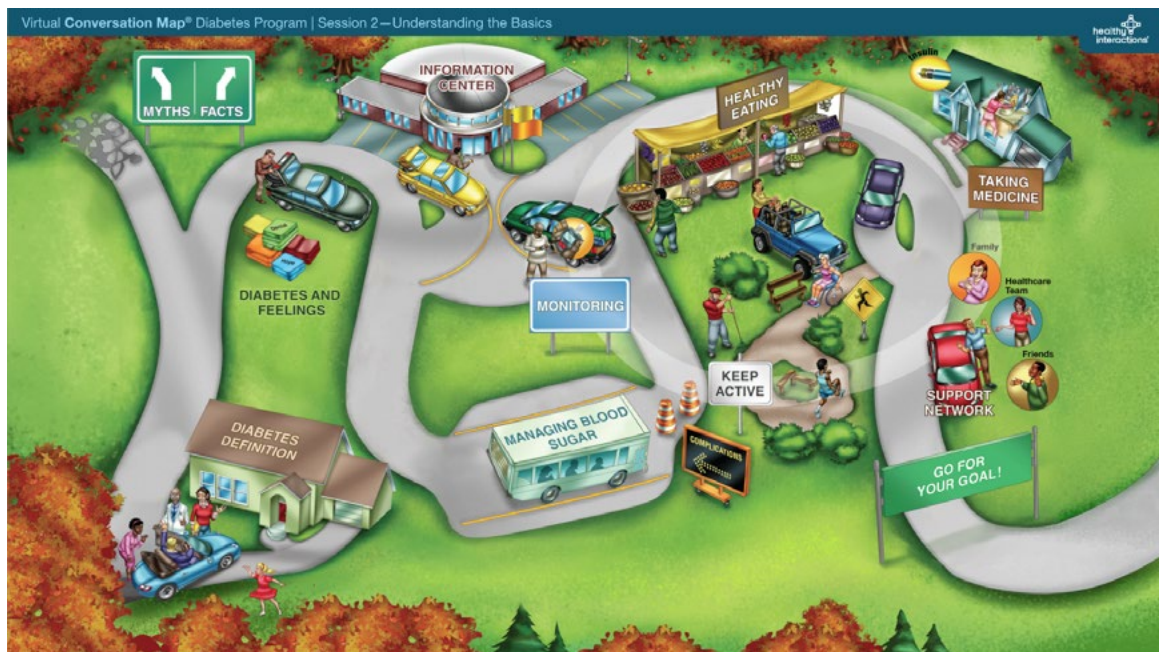
As you might have noticed from this activity and discussion, diabetes and managing diabetes isn't always easy and answers aren't always black and white. What else can you do to make sure you have the correct information about your diabetes? (stop and discuss)

Facilitator Tip:

You may want to supply the group with suggested sites and locations for group members to obtain useful information, such as The American Diabetes Association, the Association of Diabetes Care & Education Specialists websites, your clinic and/or other sites with reputable information.

Address any questions/thoughts in the *chat box* that haven't been discussed yet.


Session 2—Understanding the Basics



Next, let's talk about our second topic for today's session by parking along the upper right of the Map visual near the *food stand* to discuss four key elements to managing your diabetes.



Visual Highlight:

Hover  your cursor over the *key element signs* to direct participants' attention to each one while you are introducing them.

Healthy eating and keeping active are two strategies you can use to manage your blood sugar levels, along with taking medicine and monitoring your blood sugar. To use an analogy, these four things form the base, or wheels, of the diabetes self-management car.
(continue reading)

What do you think would happen if one of these four wheels of the diabetes self-management car were missing or not done well? (stop and discuss)

Let's talk more about one of the wheels of the diabetes self-management car: healthy eating.



We will be dedicating future sessions 4 and 6 to a more detailed discussion about healthy eating. But for now, let's start our focus on healthy eating with an easy question: what general questions or concerns do you have about diabetes and food? (stop and discuss)

How do you think food affects your blood sugar levels? (stop and discuss)



As you may already know, there are three things about food that will directly affect blood sugar levels. They include **what you eat, how much you eat, and when you eat.** (continue reading)

What types of food do you think have the biggest impact on blood sugar—that is, which foods might make your blood sugar go up? (stop and discuss)

Virtual Conversation Map® Diabetes Program | Session 2—Understanding the Basics



HEALTHY EATING

WHAT

HOW MUCH

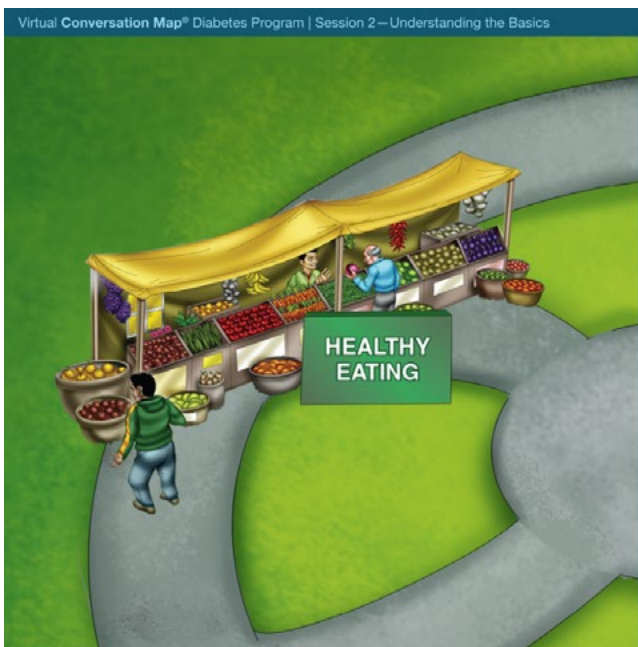
WHEN

What foods do you eat often?

How do these foods impact blood sugar?

What are some of the meals and foods you eat most often? How do you think these foods impact you and your blood sugar? (stop and discuss)

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healthy interactions

WHAT

HOW MUCH

WHEN

How do you know how much to eat?

How do you know when you have eaten too much?

Even when people are making healthy food choices, they can eat too much. How do you know how much to eat? How do you know when you have eaten too much?

(stop and discuss)

Session 2—Understanding the Basics



How do you think the timing of your meals, or when you eat, affect your blood sugar?
(stop and discuss)

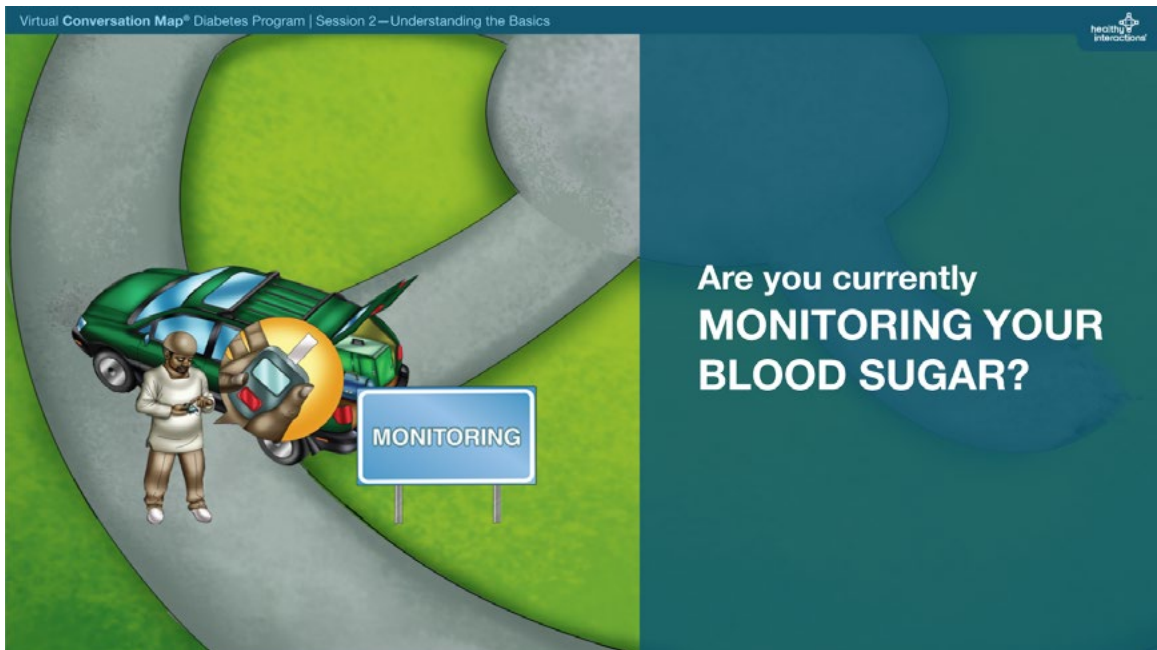


What happens if you skip a meal? (stop and discuss)

It's important to know or learn the answers to these questions if you don't already know them. Again, we will focus more on strategies for healthy eating during sessions 4 and 6 of this program.

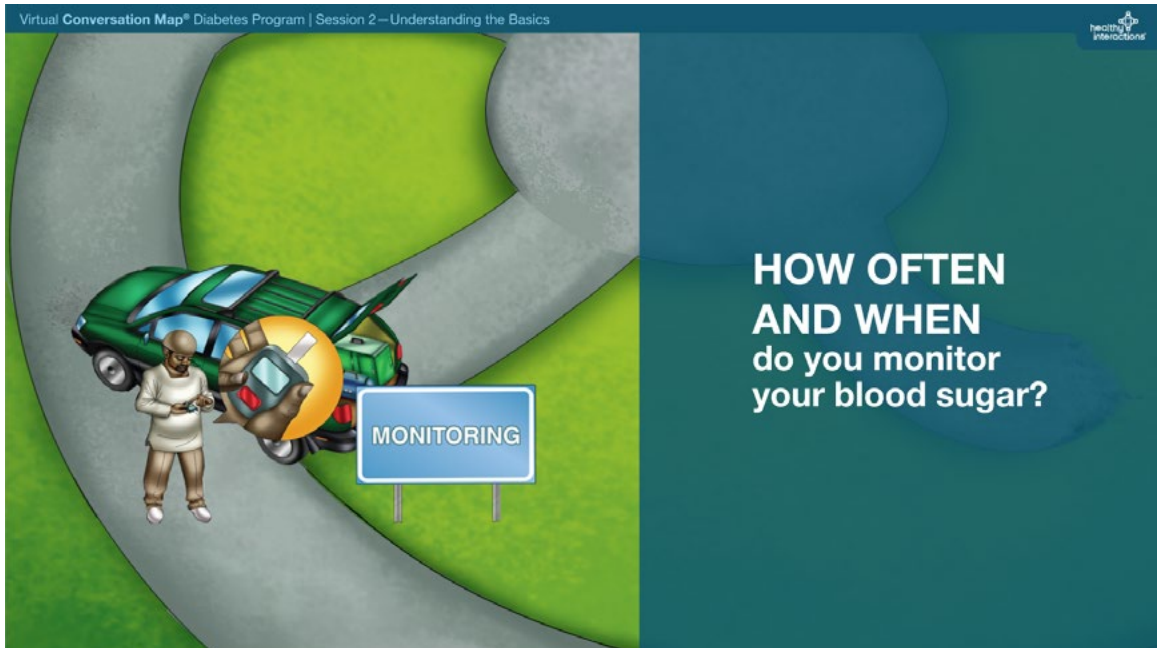
Facilitator Tip:

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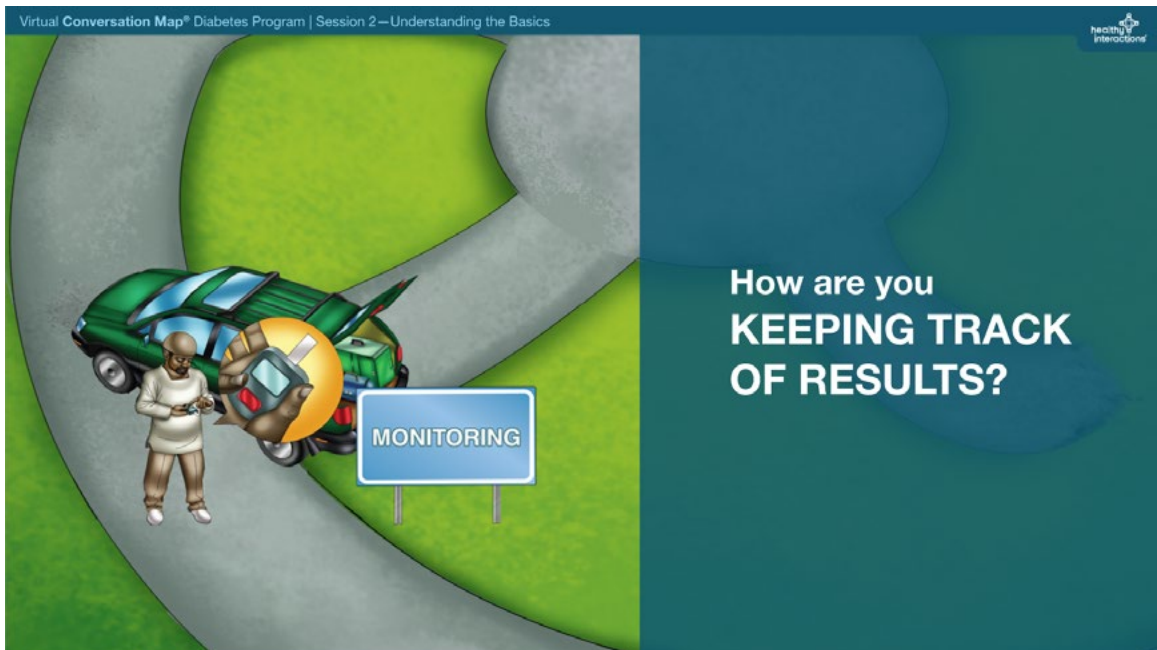


Next, let's turn to the monitoring of your blood sugar wheel of your Managing Diabetes car.
(continue reading)

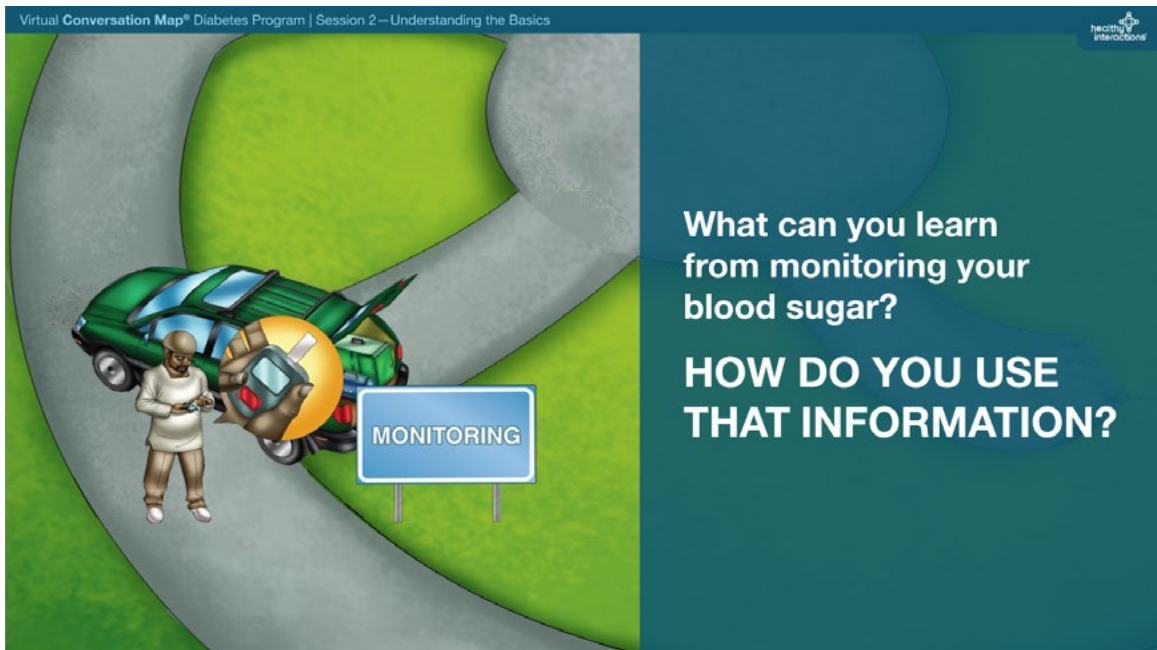
How many of you are currently monitoring your blood sugar? (stop and discuss)



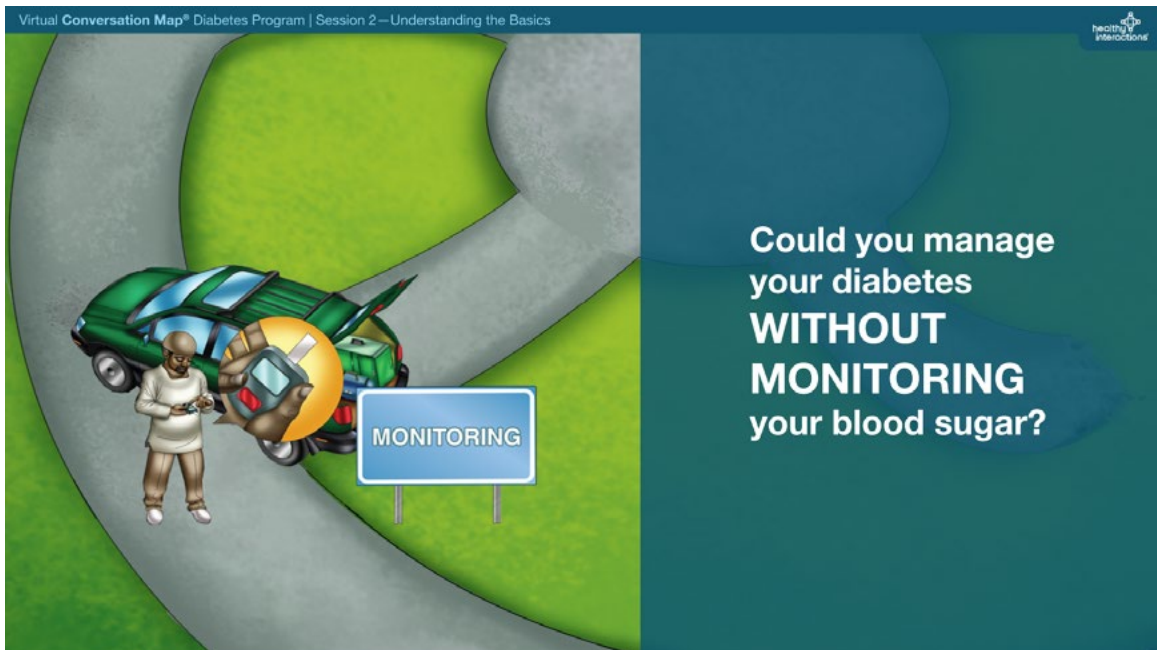
How often, and when, are you monitoring your blood sugar? (stop and discuss)



How are you keeping track of your results? (stop and discuss)



What can you learn from monitoring your blood sugar, and how do you use the information you get from monitoring? (stop and discuss)

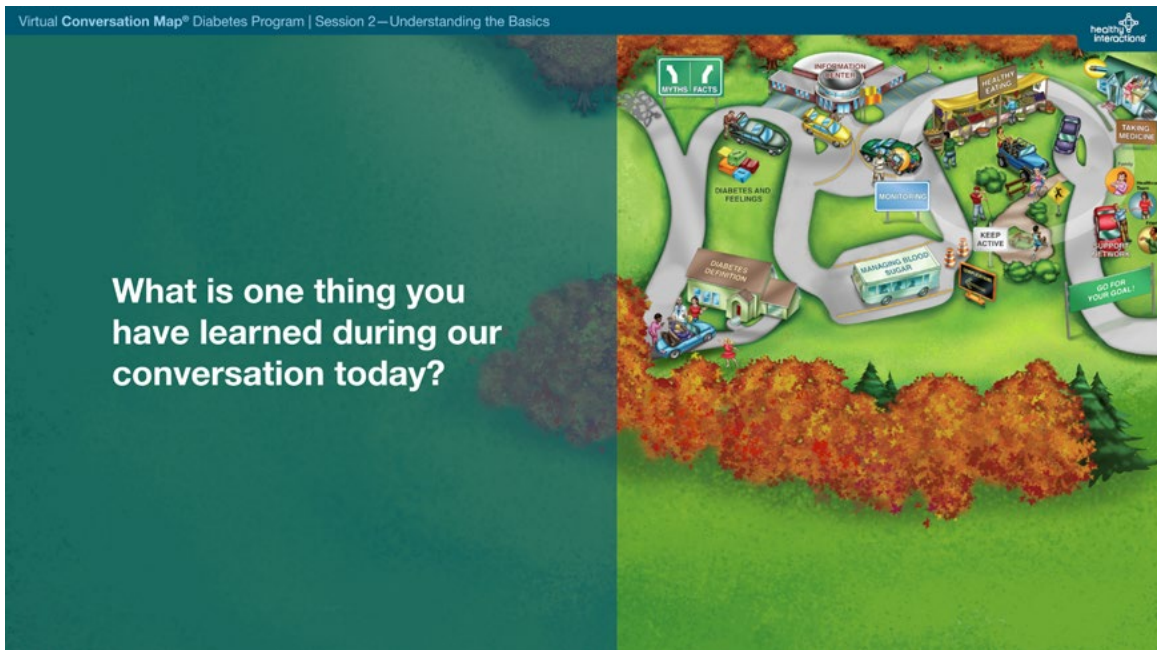


Do you think you could manage your diabetes without monitoring your blood sugar? Why or why not? (stop and discuss)

So, monitoring your blood sugar, tracking your results, and using your results are critical to managing your diabetes.

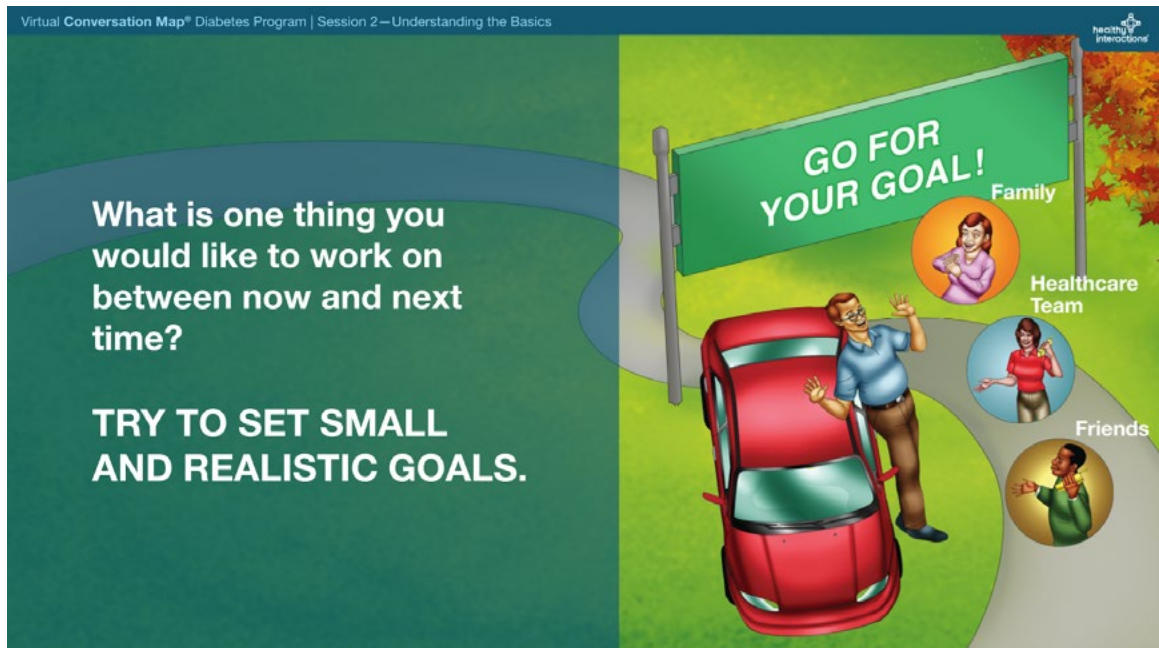
Facilitator Tip:

Address any questions/thoughts in the *chat box* that haven't been discussed yet.



Okay, let's start wrapping up our session. What is one thing you have learned during our conversation today? Let's get a comment from each of you. (stop and discuss)

Let's stop now at the *Going for Your Goals* sign at the lower-right corner of the Map visual.



As we discussed last time, we will encourage you to set and work on various goals over the course of this program. (continue reading)

What is one thing related to your diabetes self-management you'd like to work on, or continue to work on, between now and next time (i.e., your near-term goal(s))? This can be the same goal from last session or a different goal. (stop and discuss)


Thank you for sharing—those are some great goals. Again, if you would like to add them into the *map4health* app or write them down and place them in a location where you can see them every day, such as your refrigerator or a mirror, that will encourage you to stay on track. (continue reading)

The big and small steps you take throughout the 8 sessions of this program can begin to reshape how you manage your diabetes. So, to wrap up today's session, let's talk a little bit about what I would like you to try from now until we meet next time.

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BETWEEN NOW AND NEXT TIME

Record at least one blood sugar reading in the *map4health*® app



healthy interactions

Our next session will focus on monitoring blood sugar and using your results. So, in addition to working on your own goal, I want to ask each of you to record at least one blood sugar reading in the *map4health* app. Be sure to also note the time of the day whether it was before or after a meal or when you were just getting up for the day. (continue reading)

Of course, if you don't have a smartphone or aren't ready to download the app, you can simply write down your result. However, if you record it in the app, you'll be able to share that reading with me more easily. (continue reading)

Do you have any questions about this "assignment"? (stop and discuss)

Facilitator Tip:

Address any questions/thoughts in the *chat box* that haven't been discussed yet.

THANK YOU

VIRTUAL CONVERSATION MAP® DIABETES PROGRAM

- ✓ Session 1—Your Journey with Diabetes
- ✓ Session 2—Understanding the Basics
- Session 3—Monitoring Blood Sugar
- Session 4—Healthy Eating and Diabetes
- Session 5—Using Your Numbers
- Session 6—Healthy Eating Strategies
- Session 7—Managing Diabetes Long-Term
- Session 8—Continuing Your Journey



Thank you very much for your participation today. I look forward to talking with in our next session scheduled for **<identify time and date for the group>**. (continue reading)

Are there any final thoughts or questions before we end our session? (stop and discuss)

Facilitator Tip:

Address any questions/thoughts in the *chat box* that haven't been discussed yet.

Again, thanks very much and I will see you next time.

END SESSION