

# Virtual Conversation Map<sup>®</sup> for Diabetes

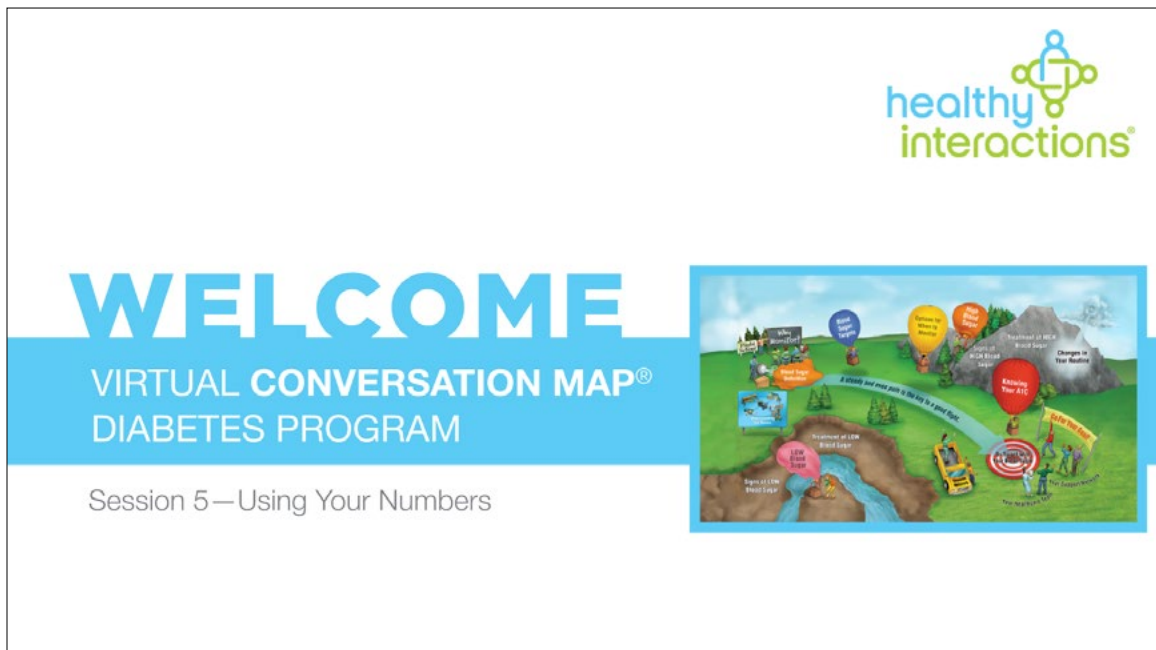
## Facilitator Guide



## Session 5

### Using Your Numbers

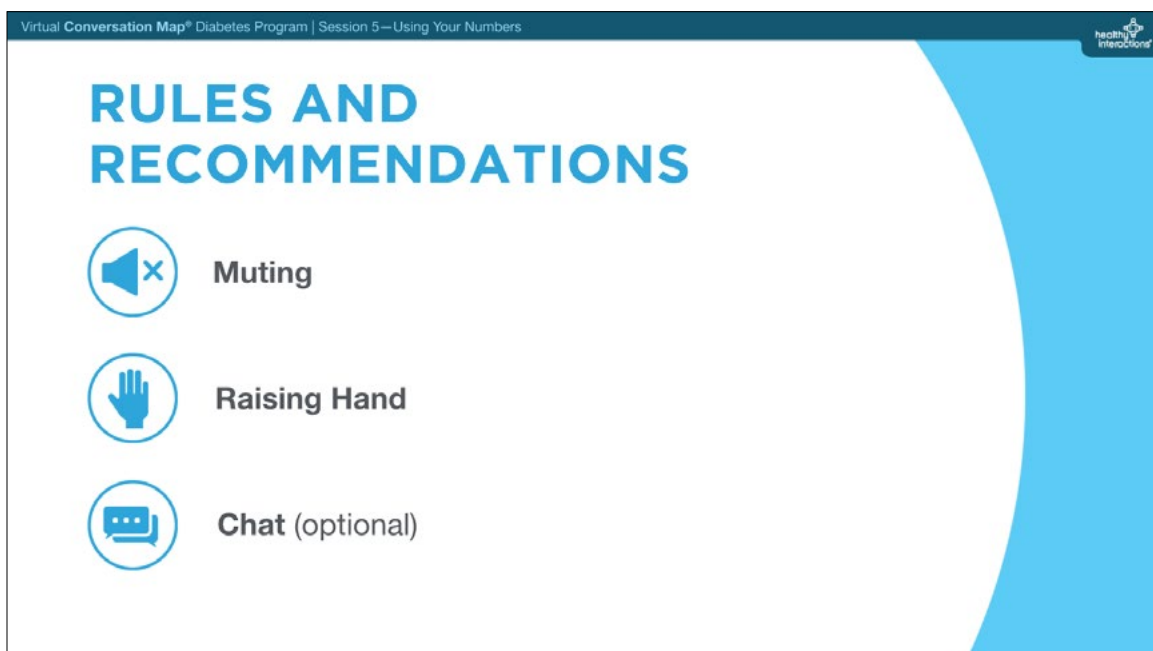
5



Welcome back! Again, my name is <your name> and in today's session we will be focusing more on **monitoring blood sugar** and **using your numbers** to really help you manage your diabetes. (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)

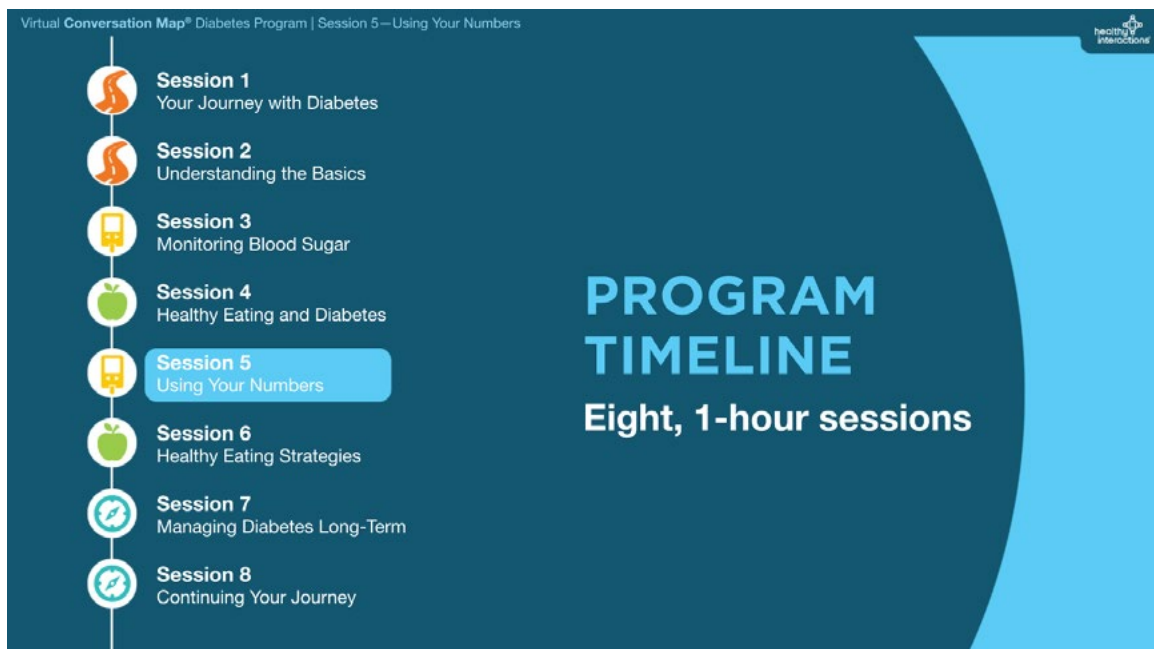
The process uses a *Conversation Map* visual, which you should see on the right side of your screen. We will be using the same Map visual that we used a couple of sessions ago, **but** we will be exploring some of the areas we **did not** cover last time.



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 five of the program and our focus will be on monitoring your blood sugar and getting the most out of your numbers.

Virtual Conversation Map® Diabetes Program | Session 5—Using Your Numbers

healthy interactions

# 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?

A photograph of a middle-aged man with grey hair, wearing a light blue polo shirt and dark shorts, sitting at a round table on a balcony. He is looking down at a smartphone in his hands. On the table, there is a glass of water, a small plate of fruit, and a black wallet. The balcony has a white railing, and there are green plants in the background.

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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### HOW HAS IT BEEN GOING?

Did you record one full day of meals and blood sugar readings?

How did that go?

A photograph of a middle-aged man with grey hair, wearing a light blue polo shirt and dark shorts, sitting at a round table outdoors. He is looking down at a smartphone in his hands. On the table, there is a glass of water, a plate of fruit, and some papers. The background shows a white railing and greenery.

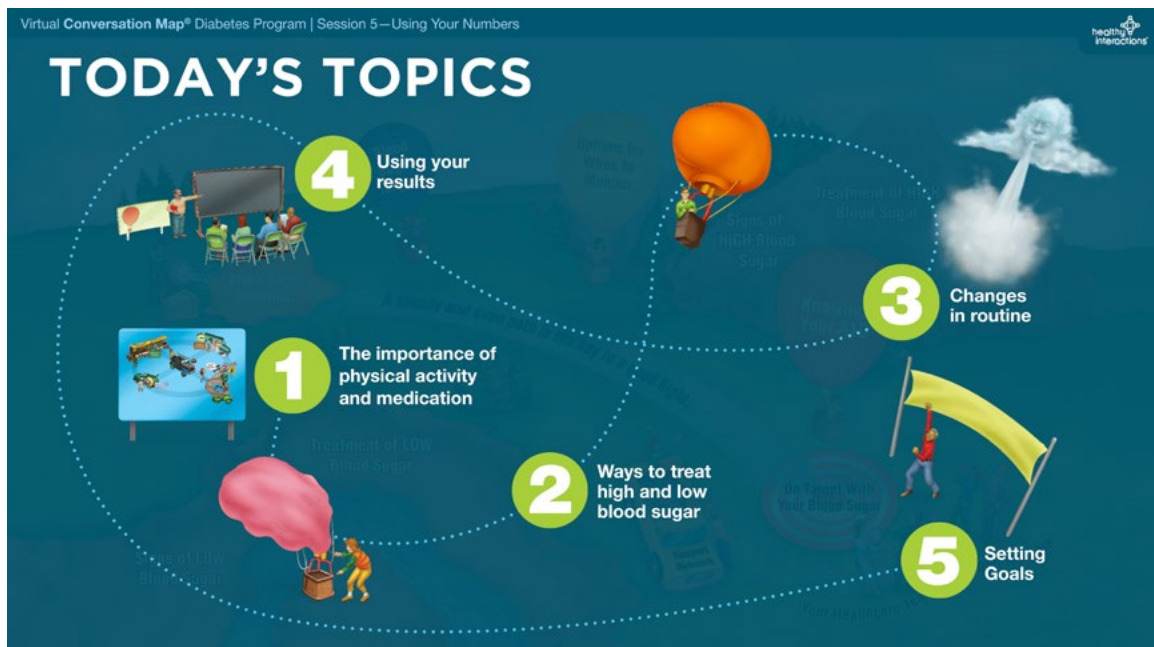
Last time, I also asked everyone to download the *map4health*® app (if they hadn't already done so) and record one full day of meals and one full day of blood sugar readings in the app or jot down that information in a journal. How did that go? Did anyone have any surprising findings? (stop and discuss)

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.


#### Facilitator Tip:

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





### 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. The importance of physical activity and medication in managing your blood sugar
2. Ways to treat high and low blood sugar
3. How changes in your routine can impact your blood sugar
4. How to use your blood sugar results and manage your patterns
5. Setting some goals to be more active

## Session 5—Using Your Numbers



As a reminder, the Map visual compares managing blood sugar levels to flying a hot air balloon. As the *blue arrow* across the center of the Map visual indicates, you will have a “steady and even flight” when you keep your blood sugar and your A1C within your target ranges.

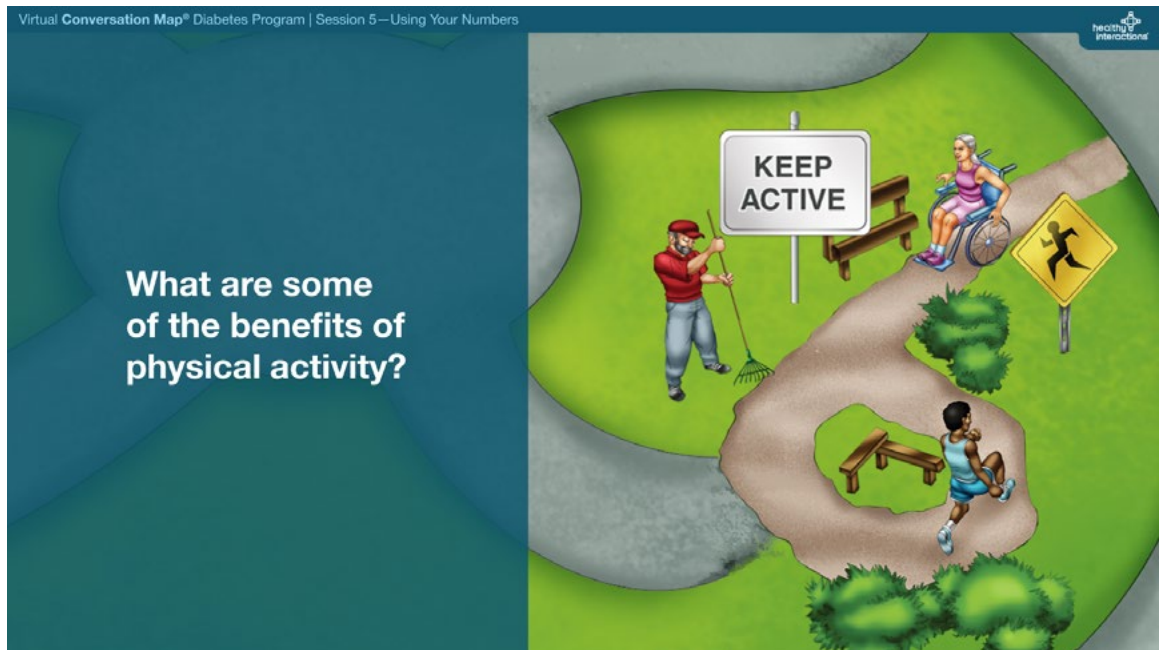


## Session 5—Using Your Numbers



A couple of sessions ago, we talked about the importance of monitoring your blood sugar and how it is one of the 4 “wheels” of your diabetes management vehicle. Then, last session we discussed the importance of healthy eating and the role that it can play in managing your blood sugar levels. [\(continue reading\)](#)

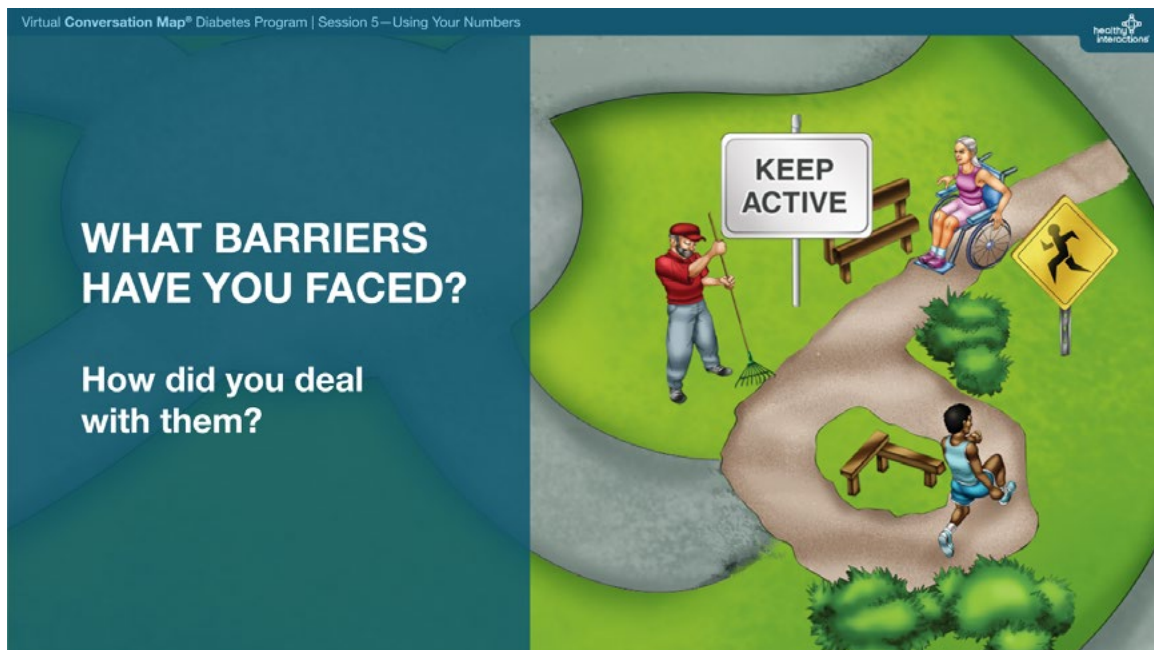
Two other key aspects of managing your diabetes is keeping active and taking medication. Let’s talk about your experience with these two key elements of managing diabetes starting with keeping active and physical activity.



What are some of the benefits of physical activity? (stop and discuss)



What types of activities have you tried? How have these affected your blood sugar levels?  
(stop and discuss)

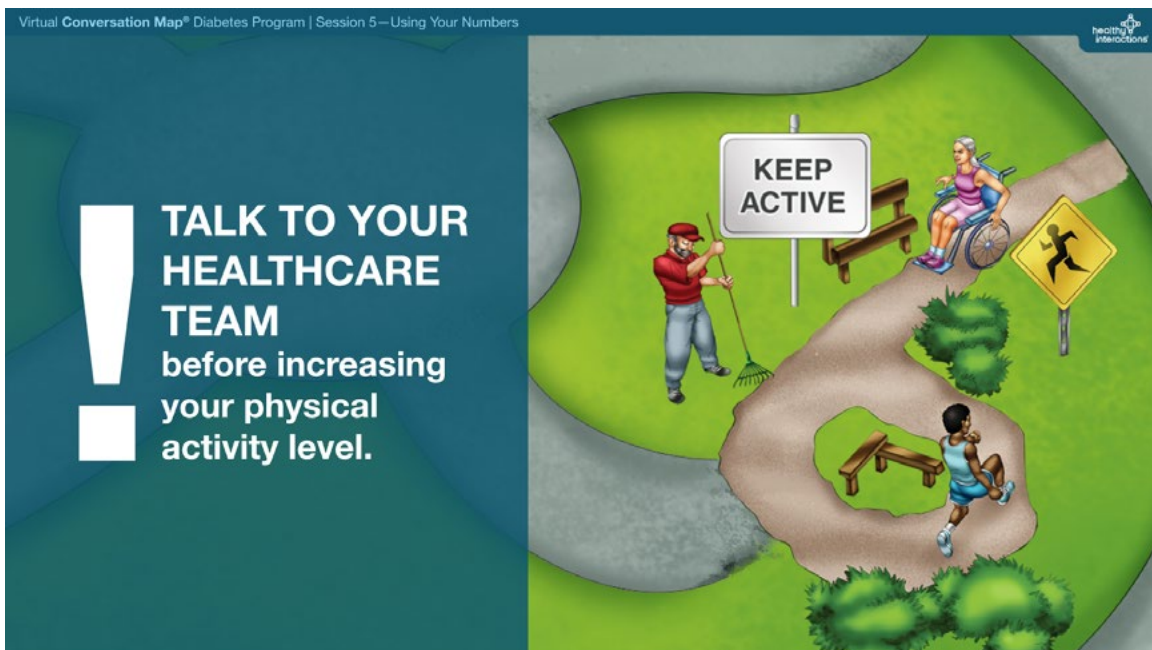


What barriers or challenges have you faced related to physical activity? How did you deal with them? (stop and discuss)



Often, just reducing the amount of time you are not active, such as time spent sitting or laying down, can be helpful for your overall health. This could be as simple as getting up and walking around the room every hour and a half. What are some ways you remind yourself to get moving at home or at work? (stop and discuss)





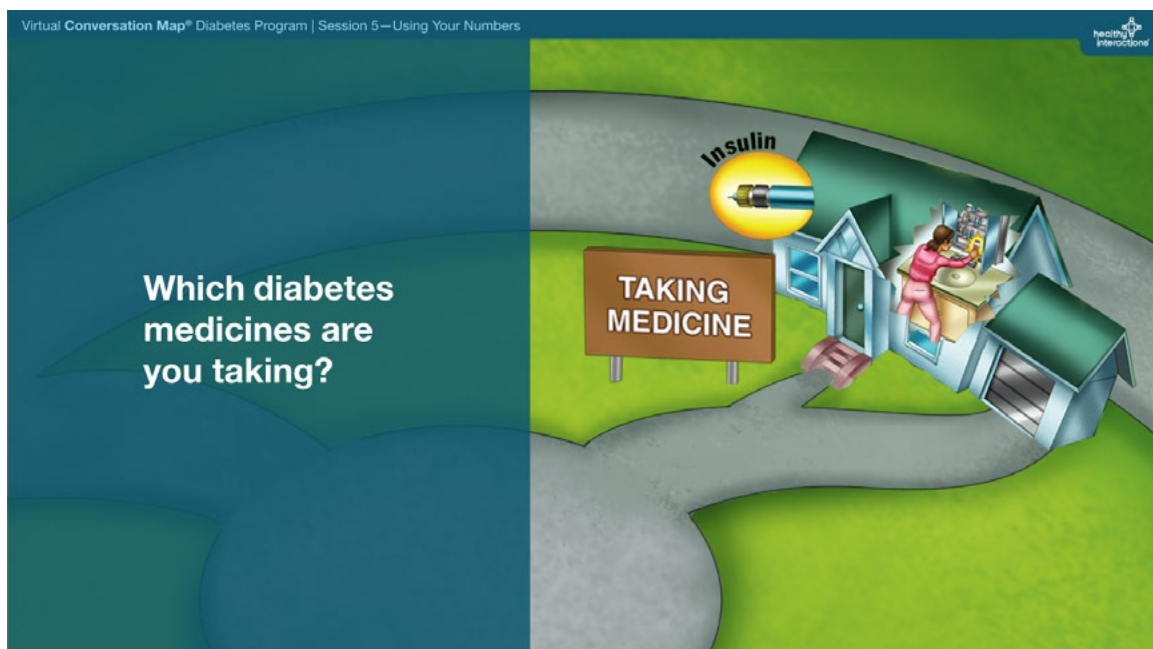
When you are going to increase your physical activity level, it's always a good idea to discuss it with your healthcare team first. (continue reading)

Do any of you have any specific questions related to keeping active you would like to discuss before we continue? (stop and discuss)

**Facilitator Tip:**

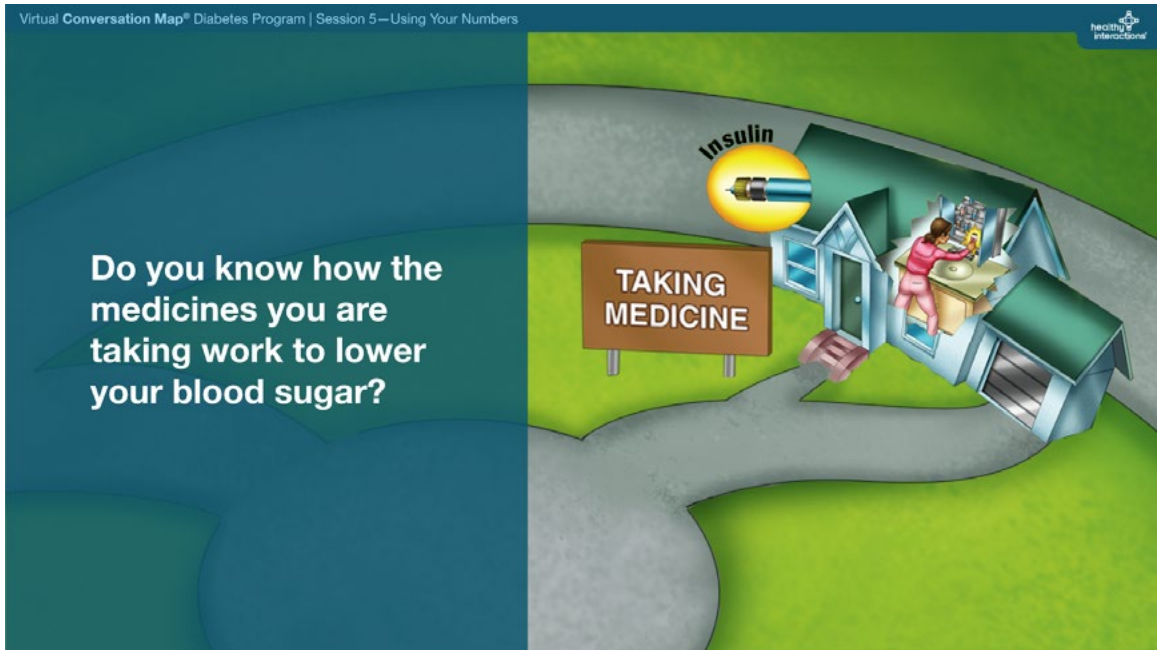
Address any questions/thoughts in the *chat box* that haven't been discussed yet.





Of course, taking medicine is another way to lower your blood sugar. Let's talk a little bit about your experience with taking medicine for diabetes. [\(continue reading\)](#)

There are a lot of different medicine options available today. Would any of you like to share which diabetes medicine you are taking? [\(stop and discuss\)](#)



Do you know how the medicines you are taking for diabetes work to lower your blood sugar?  
(stop and discuss)

Do you have any specific questions about diabetes medicines or insulin that you would like to discuss? (stop and discuss)

### Facilitator Tip:

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

## Session 5—Using Your Numbers




So again, keeping active and taking medication can be key elements for helping you manage your diabetes and blood sugar levels. That said, you are likely to have some highs and lows, the key is to try to minimize those times and know how to deal with them.

(continue reading)

Let's first look at some of the ways you can treat low blood sugar by exploring the area in the lower-left corner of the Map visual.

Virtual Conversation Map® Diabetes Program | Session 5—Using Your Numbers



### Treatment of LOW Blood Sugar

- If you have low blood sugar, don't wait. Take something right away to raise your blood sugar.
- If blood sugar is less than 70 milligrams per deciliter, take 15 grams of carbohydrate. Check blood sugar again in 15 minutes. Repeat as needed.

Some examples of foods that contain about 15 grams of carbohydrate (1 serving):

- Orange or apple juice	1/2 cup
- Grape or cranberry juice	1/3 cup
- Nondiet soft drink	1/2 cup
- Honey or corn syrup	1 tablespoon
- LifeSavers®	3
- Sugar tablets	3 to 4 tablets

The amount of food you need to get your blood sugar back into your safe range may vary.

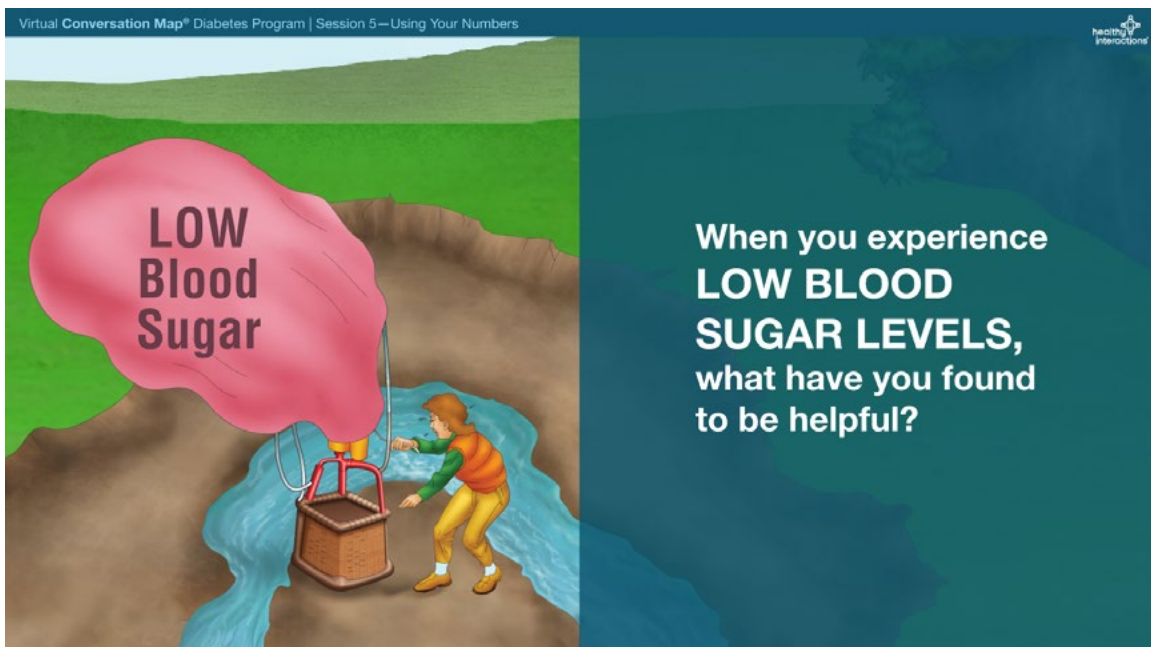
May I have a volunteer read aloud the information shown on your screen now about treating low blood sugar and the examples or options one has for getting 15 grams of carbohydrates?  
(stop and do)

- *If you have low blood sugar, don't wait. Take something right away to raise your blood sugar.*
- *If blood sugar is less than 70 milligrams per deciliter, take 15 grams of carbohydrate. Check blood sugar again in 15 minutes. Repeat as needed.*

*Some examples of foods that contain about 15 grams of carbohydrate (1 serving):*

- *Orange or apple juice..... 1/2 cup*
- *Grape or cranberry juice..... 1/3 cup*
- *Nondiet soft drink.....1/2 cups*
- *Honey or corn syrup.....1 tablespoon*
- *Lifesavers®..... 3*
- *Sugar tablets..... 3–4 tablets*

*The amount of food you need to get your blood sugar back into your safe range may vary.*



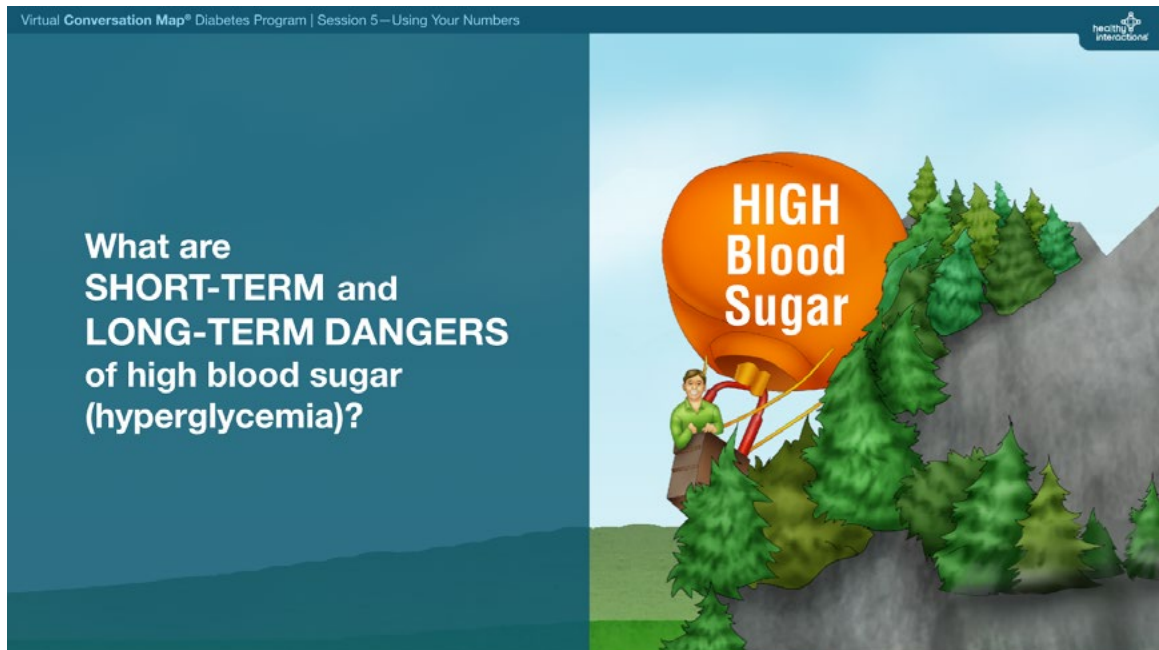
When you experience low blood sugar levels, what have you found to be helpful?  
(stop and discuss)

Do you have any questions about treating low blood sugar? (stop and discuss)

**Facilitator Tip:**

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





Okay, now let's talk about high blood sugar and how to deal with highs. To do that, we will focus on the *orange balloon* and the *mountain*. (continue reading)

What are the short-term and long-term dangers of high blood sugar or hyperglycemia? (stop and discuss)




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### Treatment of HIGH Blood Sugar

It's important to determine the cause of high blood sugar so you can address the cause and avoid it in the future. Here are some suggestions for dealing with high blood sugar:

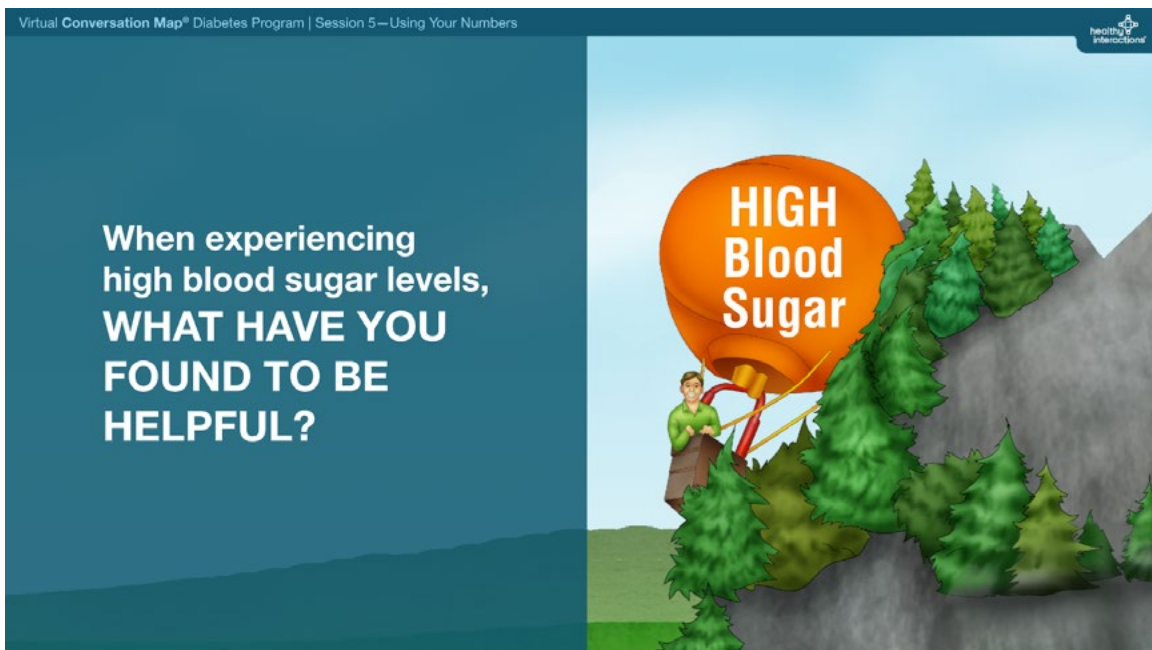
- Drink extra, sugar-free fluids
- Adjust your meal plan
- Work with your healthcare team to adjust your medicines

An illustration of a person in a brown basket hanging from a large orange balloon. The balloon has the words "HIGH Blood Sugar" written on it in white. The person is holding onto the basket's ropes. They are positioned next to a steep, grey mountain slope covered with green pine trees. The background is a clear blue sky.

May I have a volunteer read aloud the information on the screen labeled “*Treatment of High Blood Sugar*”? (stop and do)

*It's important to determine the cause of high blood sugar so you can address the cause and avoid it in the future. Here are some suggestions for dealing with high blood sugar:*

- *Drink extra, sugar-free fluids*
- *Adjust your meal plan*
- *Work with your healthcare team to adjust your medicines*



When experiencing high blood sugar levels, what have you found to be helpful?  
(stop and discuss)

**Facilitator Tip:**

People with type 2 diabetes do not commonly develop Diabetic Ketoacidosis (DKA), however, if applicable to the group, you can discuss treatment of DKA.

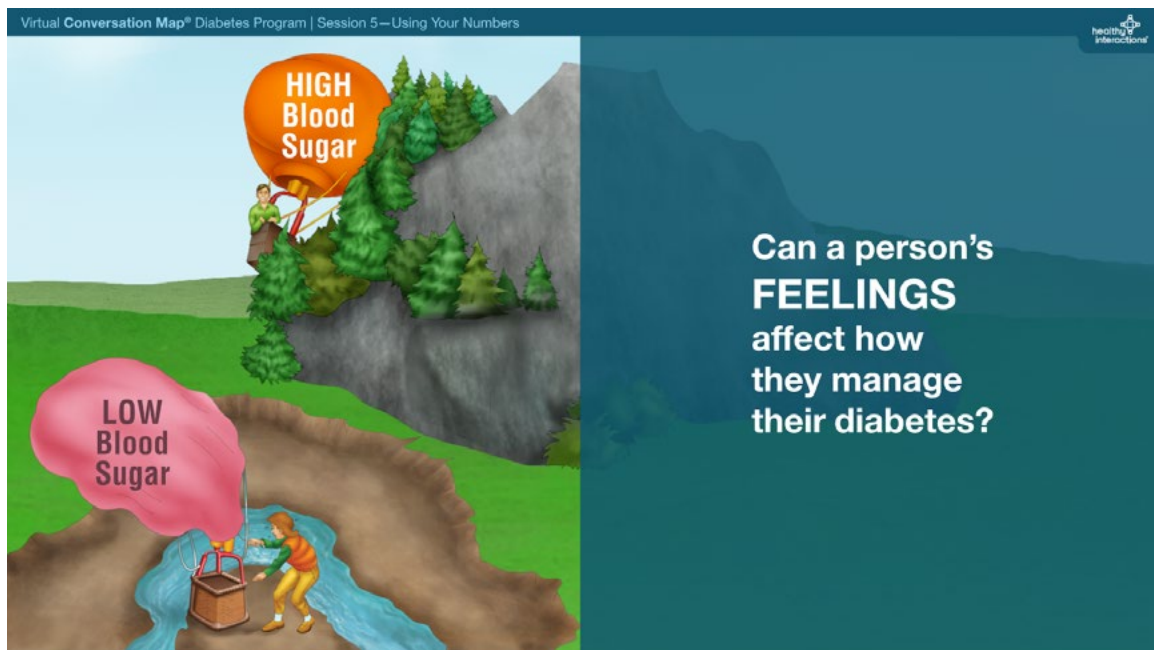
Do you have any questions about treating high blood sugar? (stop and discuss)

## Session 5—Using Your Numbers



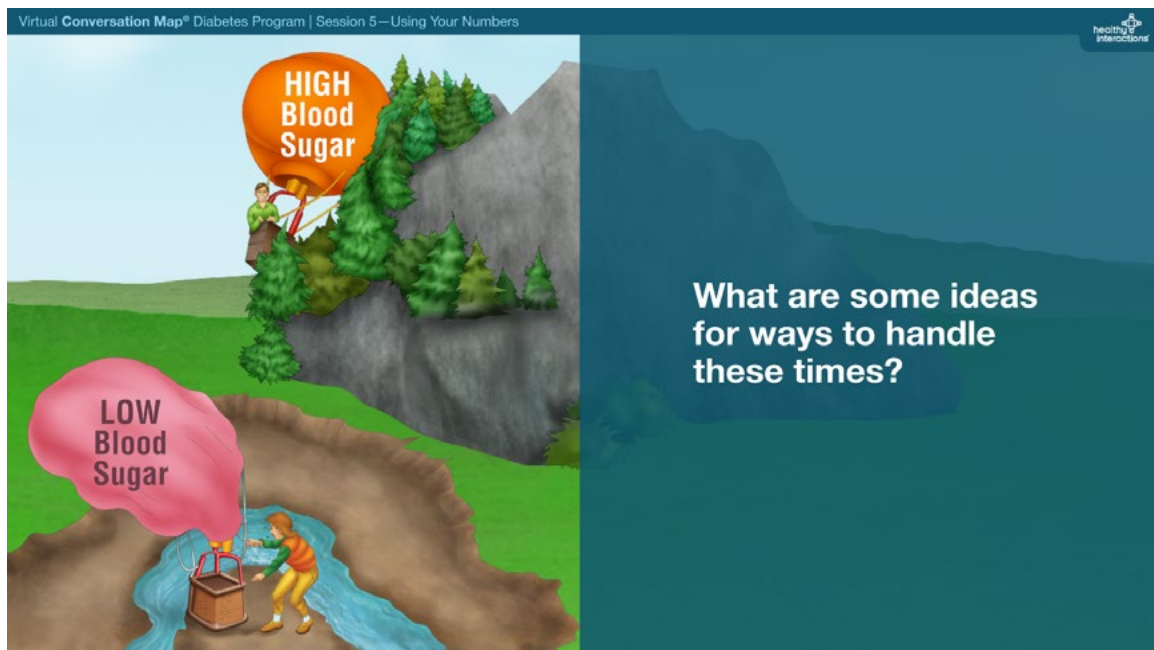
How do you feel emotionally when your blood sugar is high or low? (stop and discuss)

## Session 5—Using Your Numbers



Do you think a person's feelings can affect how they manage their diabetes? If so, how?  
(stop and discuss)

## Session 5—Using Your Numbers



What are some ideas for ways to handle these times? (stop and discuss)

### Facilitator Tip:

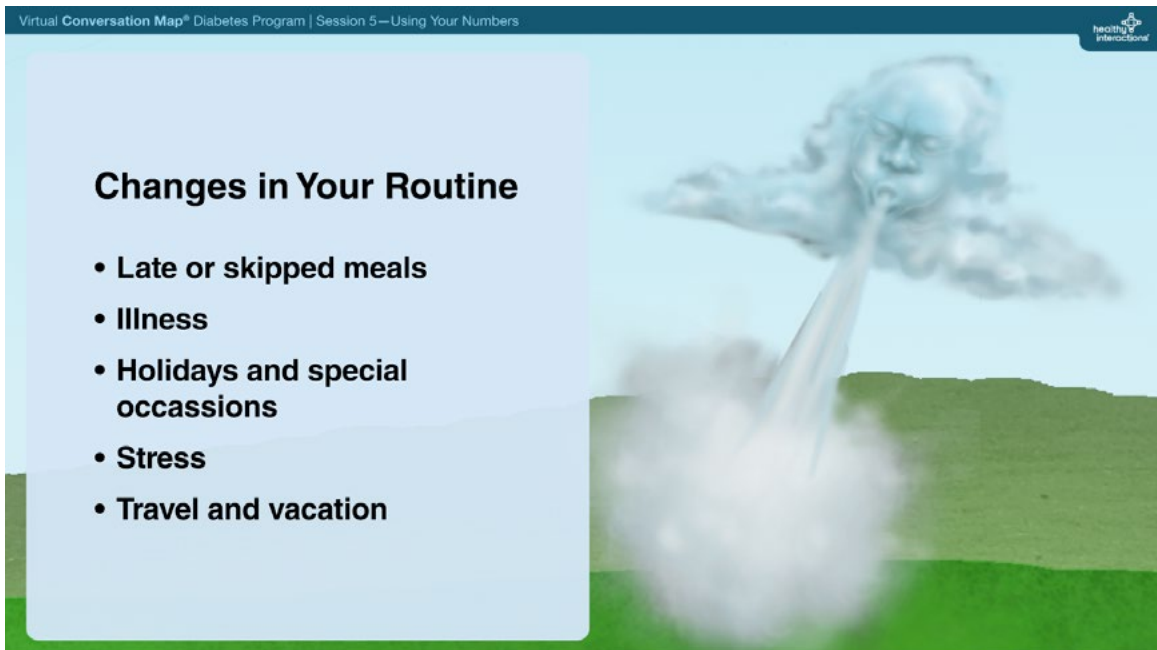
Address any questions/thoughts in the *chat box* that haven't been discussed yet.

## Session 5—Using Your Numbers



Sometimes changes in your routine can impact your blood sugar levels. Let's look at some of these changes by exploring the upper right of the Map visual where the *wind* is blowing and causing change.





May I have a volunteer read aloud the information entitled “*Changes in Your Routine*” that’s now shown on your screen? (stop and do)

- *Late or skipped meals*
- *Illness*
- *Holidays and special occasions*
- *Stress*
- *Travel and vacations*

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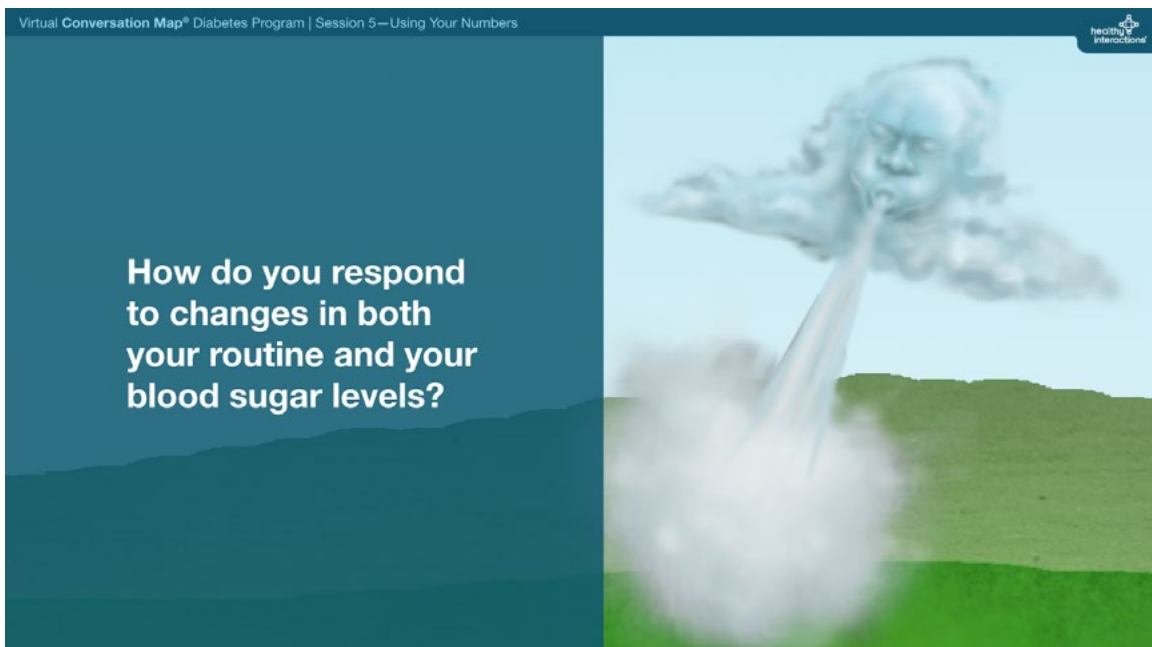
**Have you had a change in your routine that had an impact on your blood sugar?**

**WHAT WAS IT?**

**HOW DID IT IMPACT YOUR BLOOD SUGAR?**

An illustration of a cloud with a human-like face, blowing a stream of air or breath towards a green field. The cloud is white and fluffy, and the field is a vibrant green. The background is a light blue sky.

Have any of you had a change in your routine that has had an impact on your blood sugar? If yes, what was it and how did it impact your blood sugar? (stop and discuss)

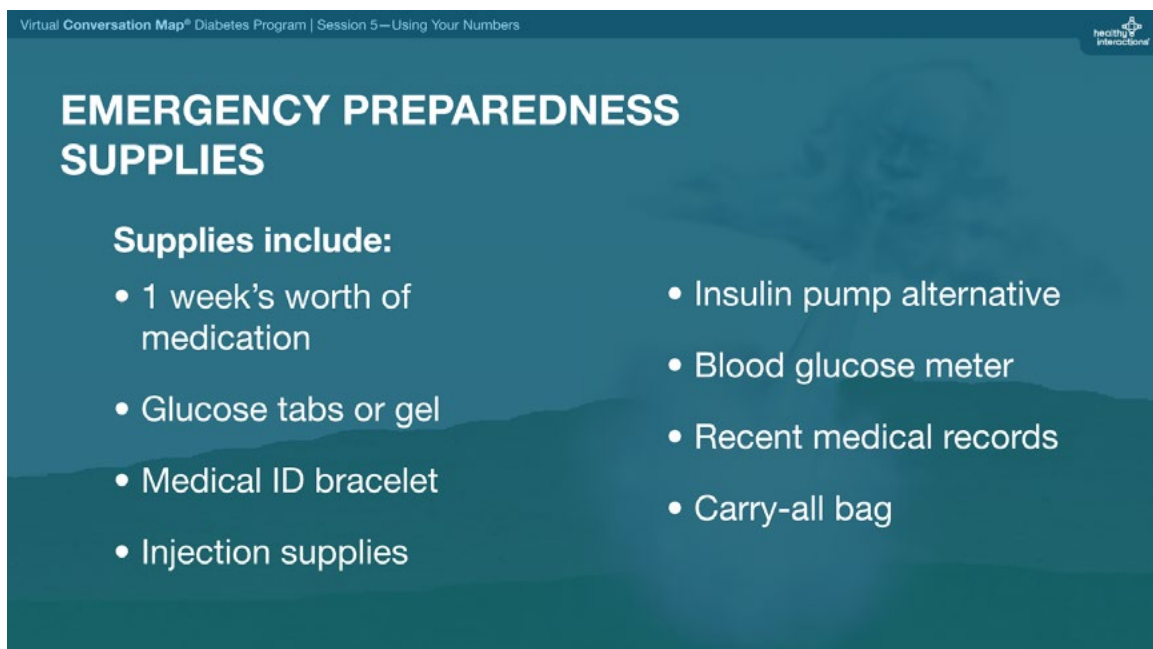


What do you do when you experience these changes in both your routine and your blood sugar levels? That is, how do you respond to the changes? (stop and discuss)

### Facilitator Tip:

Participants should discuss the importance of having a plan for changes in their routines.

Sick day guidelines and recommendations can be discussed at this point in the session as well.



Weather events, power outages, and other emergencies create a different kind of challenge to managing the highs and lows. To best prepare for these changes in your routine, the ADA encourages people with diabetes to have enough supplies on-hand to manage your blood sugar. (continue reading)

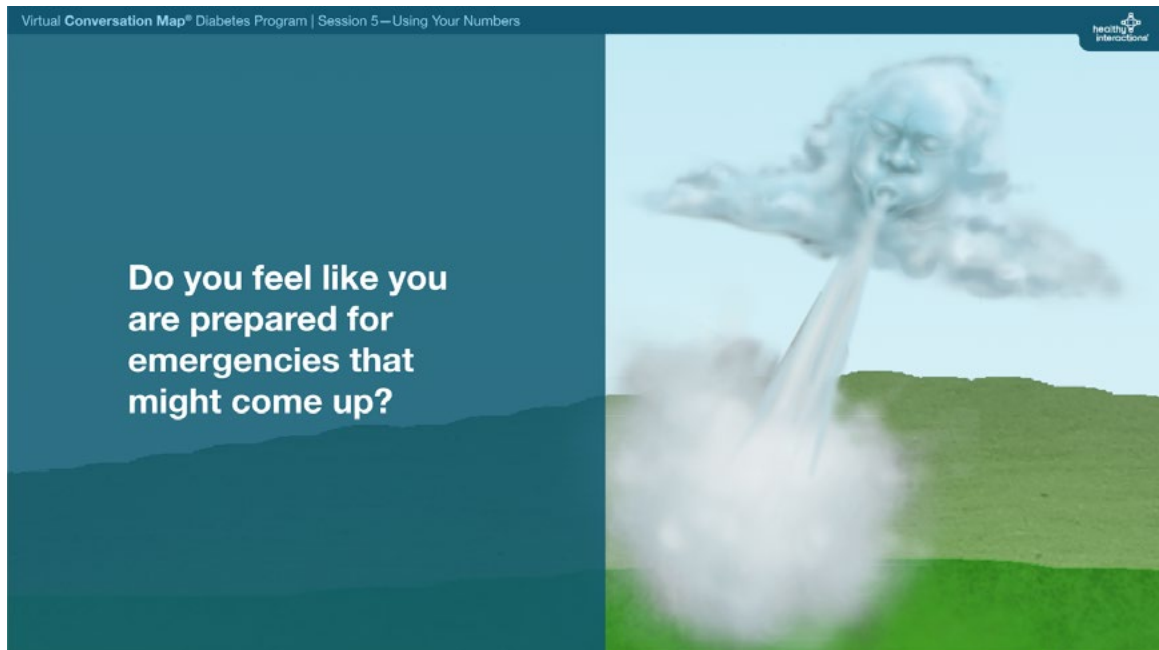
Can I have a volunteer read aloud the *Emergency Preparedness Supplies* information on the screen to the group? (stop and do)

*Supplies include:*

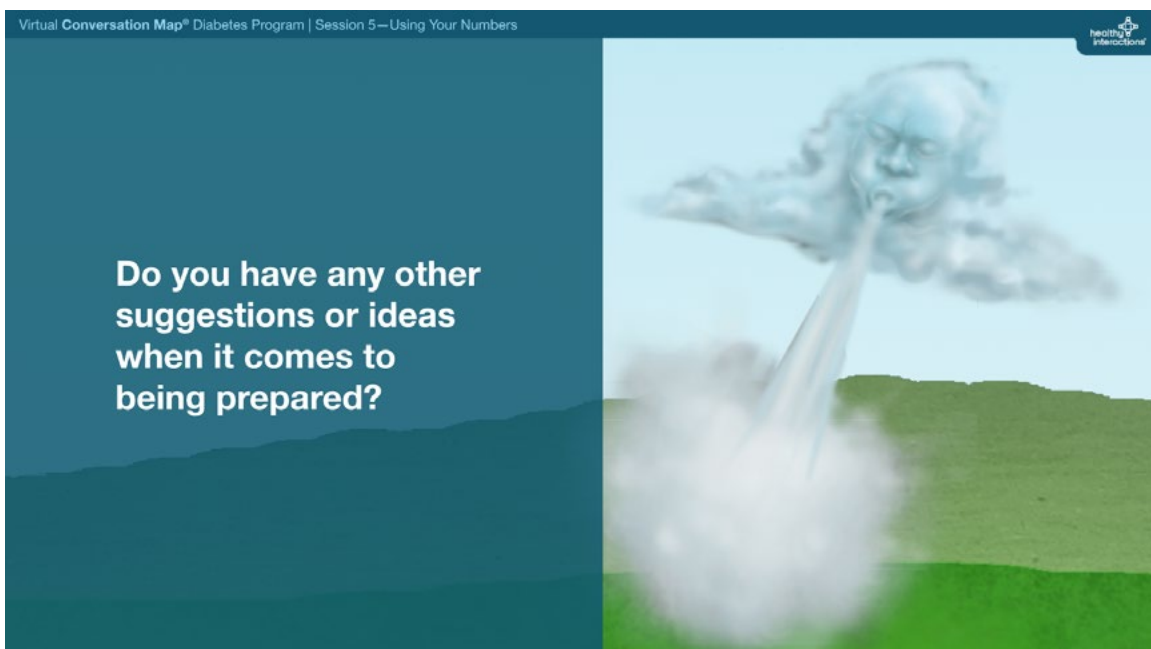
- |                                |                            |
|--------------------------------|----------------------------|
| - 1 week's worth of medication | - Insulin pump alternative |
| - Glucose tabs or gel          | - Blood glucose meter      |
| - Medical ID bracelet          | - Recent medical records   |
| - Injection supplies           | - Carry-all bag            |

Are any of you doing these things? (stop and discuss)

## Session 5—Using Your Numbers



Do you feel like you are prepared for emergencies that might come up? (stop and discuss)



Do you have any other suggestions or ideas when it comes to being prepared?  
(stop and discuss)

Do you have any questions about how to deal with changes in your routine?  
(stop and discuss)

**Facilitator Tip:**

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



## Session 5—Using Your Numbers



As you know, monitoring alone will not keep your blood sugar in your target range—you need to actively use your results. Using your results can take some practice. Let's get some practice identifying patterns in blood sugar by focusing on the *chalkboard* in the upper left of the Map visual, and looking at three different examples of a blood sugar log or record.



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.

You should now see our first example on your screen. It shows someone's blood sugar log for a few days. Take a moment to look at the diabetes record and blood sugar readings. (continue reading)

Virtual Conversation Map® Diabetes Program | Session 5—Using Your Numbers

## Using Your Results

	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Supper	After Supper	Bedtime	Comments
Day 1	130		65		120			
Day 2	120		75		90			
Day 3	110		60		115			

- Do you notice any patterns?
- What are some possible causes of this pattern?
- What might you try to do to change this pattern and improve your blood sugar results?

## Facilitator Tip:

Click on the *green circled number* at the top of the chalkboard to reveal each example. The following questions should be asked for each example.

**1**

	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Supper	After Supper	Bedtime	Comments
Day 1	130		65		120			
Day 2	120		75		90			
Day 3	110		60		115			

**2**

	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Supper	After Supper	Bedtime	Comments
Day 1	120			215		255		
Day 2	130		120	225				
Day 3	110				125	285		

**3**

	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Supper	After Supper	Bedtime	Comments
Day 1	140					160	110	
Day 2	145					170	120	
Day 3	150					150	105	

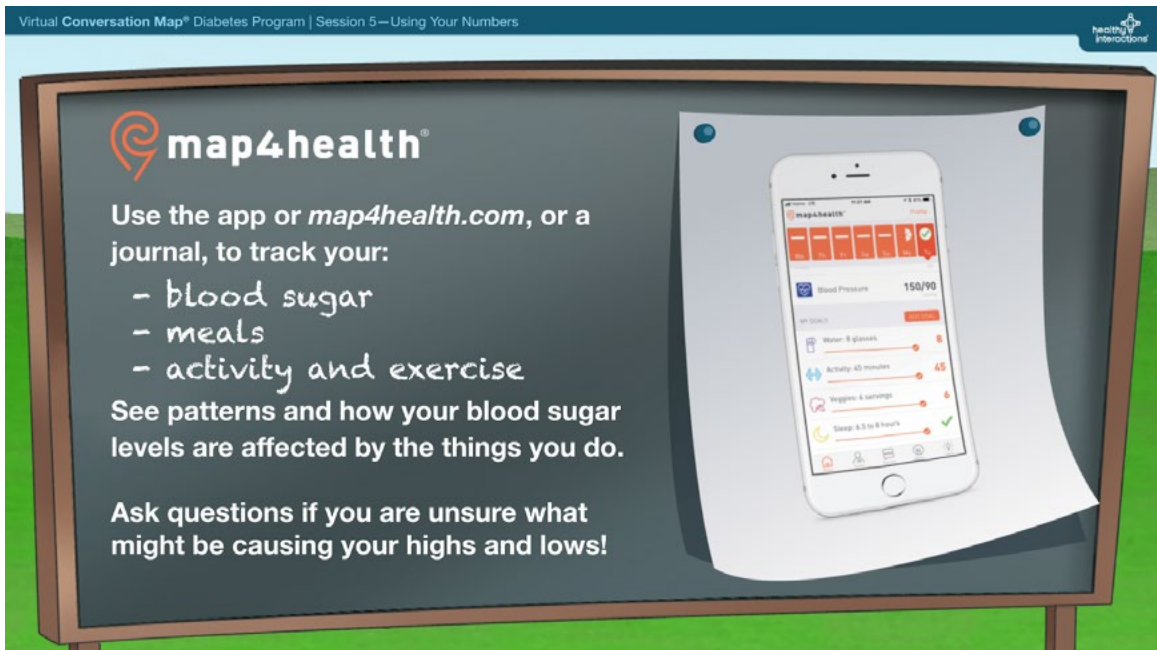
What are your thoughts and observations? Do you notice any patterns? (stop and discuss)

What do you think might be some possible causes of this pattern? (stop and discuss)

If these were your results, what might you try to do to change this pattern and improve your blood sugar results? (stop and discuss)

## Facilitator Tip:

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



If you aren't doing so already, another strategy for actively using your blood sugar monitoring results is to use features in the *map4health*® app or website to help you with pattern management. (continue reading)

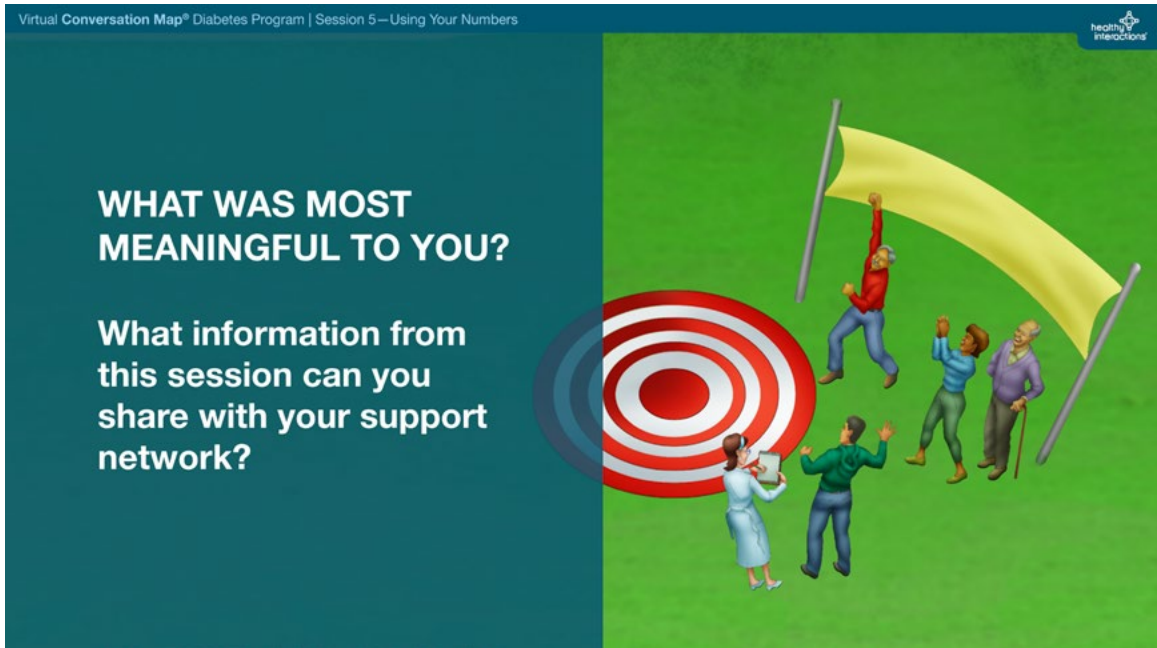
Whenever you use a paper-based journal or the *map4health* app to track your blood sugar and your meals, as well as activity and exercise, you may start to see patterns. For example, you may see how your blood sugar levels are affected by your meals and activity level over time. (continue reading)

Also, the app and website can be very helpful if you are having some highs or lows but aren't sure why or what to do. Since the app and website allow you to connect directly with me, I can try to help you better understand what might be causing those highs and lows and discuss strategies for addressing them.

## Session 5—Using Your Numbers



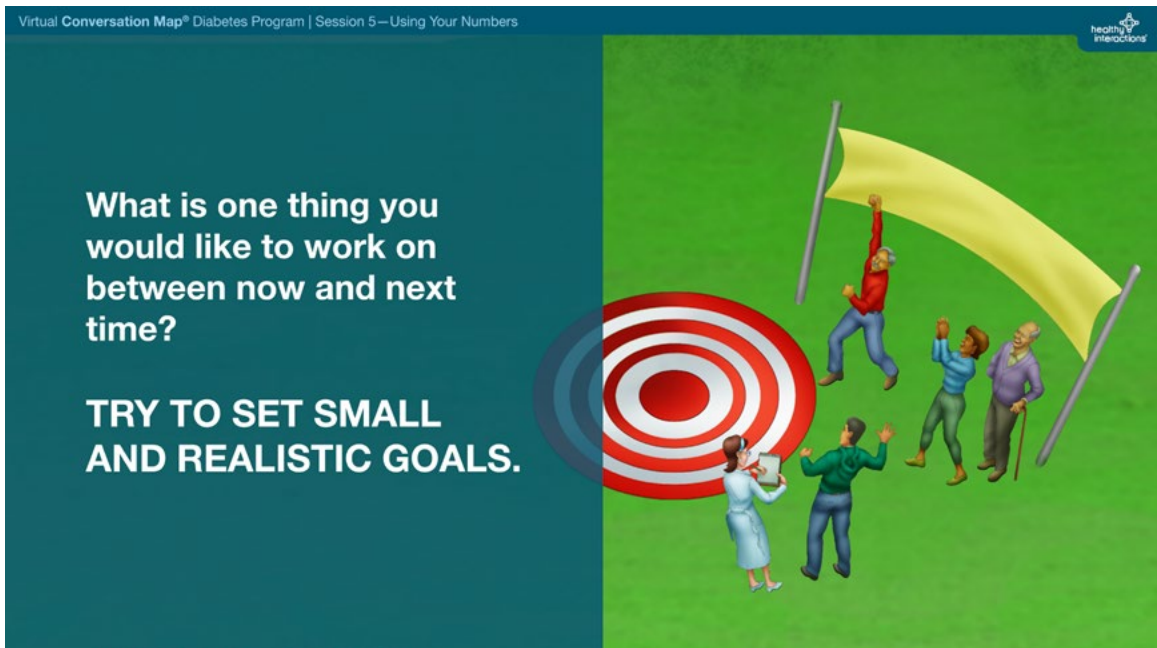
Remember, it may take a while and some practice to be able to identify patterns and effectively use your results. Be sure to always update your healthcare team about what you are doing and how things are going. (continue reading)



Take a moment to think about everything we have discussed during our session today. What was most meaningful to you personally? (stop and discuss)

What information from this session can you share with your support network so they can better help you achieve your goal(s)? (stop and discuss)





As we discussed in previous sessions, I 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 would 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 week or a different goal. (stop and discuss)


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



Virtual Conversation Map® Diabetes Program | Session 5—Using Your Numbers

**BETWEEN NOW AND NEXT TIME**

Think of one strategy you can use to increase your activity



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Today we discussed physical activity in a bit of detail. Between now and our next session, I'd like each of you to think of one strategy you can use to increase your activity. You can send me a message to let me know about your idea or you can ask me for suggestions in the *map4health*® app. You can also use the app to track your progress toward your goals if you set a physical activity related goal. (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**