

Lesson One - Introduction to Type II Diabetes

FOCUS: Diabetic Retinopathy Simulation Experience and Pre-test

20 minutes

Purpose:

To help participants develop awareness of diabetic retinopathy and current knowledge of diabetes.

Materials:

- Diabetic Retinopathy Simulation Glasses
- Props for simulation exercise tasks: book, button down shirt, pill bottle, phone, pen and paper
- *Introduction to Type II Diabetes Pre-test*

Facilitation Steps:

Part 1: Diabetic Retinopathy Simulation Experience

1. Share this information with the participants:
 - a. Diabetic retinopathy is the most common diabetes related eye condition. Diabetes affects the blood vessels in the retina of the eye. The blood vessels leak and cause visual distortion. If not treated early, it can cause blindness.
 - b. The Centers of Disease Control predicts the number of Americans with diabetic retinopathy will increase from 7.7 million to 14.6 million by 2050.
2. Divide the class into groups. Give each of the small groups diabetic retinopathy simulation glasses. In their small groups, participants will each try on the simulation glasses and do some of the following tasks:

- a. Read a page out of a book
- b. Button a shirt
- c. Open a pill bottle
- d. Dial a phone
- e. Write a grocery list

3. You can also add some of your own ideas for visual impairment while performing tasks.

4. Instruct the participants to reflect on the experience. Ask how they felt during the tasks and how diabetic retinopathy would impact daily tasks.

Part 2: Pre-test

5. Give each participant the *Introduction to Type II Diabetes Pre-test*.
6. Have participants complete the quiz by filling in the blanks.
7. After participants have completed the *Pre-test*, have them keep it to use as a reference during the slide presentation and to compare at the end of the lesson to their *Introduction to Type II Diabetes Post-test* answers.