

Introduction to Subcutaneous Injections (Focus on Empathy) Instructor Resource

READ the following:

Imagine that you have just been diagnosed with diabetes. The health care provider tells you that you will have to give yourself a subcutaneous insulin injection three times a day based on your blood sugar level for the rest of your life. You cannot skip a dose.

REFLECT on the situation

1. How do you feel about giving yourself injections three times a day?

Emphasize to the students that this is a life long change. Perhaps they know someone who has diabetes and gives themselves injections.

2. How will this impact your social/school/work life?

Discuss how they would integrate this into their lives. What would be challenging?

SHARE your thoughts with a peer