

# “Walk in My Shoes” (Diabetes Patient Experience)

## Day 1

### **Your medical treatment and monitoring plan**

**Medication:** You are taking 2 kinds of pills for diabetes. You take one of them twice a day, and the other one is once daily.

**Blood sugar testing:** You need to test your blood sugar once a day at different times a day, either before a meal, 2 hours after a meal, or at bedtime.

### **Your to do list**

**Writing on your logsheet:** Confirm that you took your medication and tested your blood sugar by writing both on your logsheet in the designated space.

**Diet:** Write down everything you eat and drink at one meal with the amounts and times. Then guess which of those foods may have carbohydrate in them. Carbohydrate foods raise blood sugar and need to be eaten in limited amounts.

**Exercise/Activity:** Under the Comments for the day section at the top of the logsheet, write down any activity you do during the day, the type, how long you do it, and the time of day you do it. Examples might be yard work or mowing the lawn, riding your bike, going to the gym, taking a walk, walking the dog, vacuuming or heavy housework, etc.

### **Today’s Scenario**

**Blood sugar today:** You test your blood sugar fasting, before breakfast. The result is 127.

### **Self-Management Problem Solving**

**Things you need to think about:** Is your blood sugar test result in the target range or do you need to do something about it?

Do you know if you should be taking your diabetes pills with food or not, and should you take them before you eat or after? (does it matter?)

How do the kinds of snacks you eat affect your blood sugar?

Are there any symptoms you should look for that might tell you to pay attention and do something?



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## Day 2

### **Your medical treatment and monitoring plan**

**Medication:** You are taking 2 kinds of pills for diabetes. You take one of them twice a day, and the other one is once daily.

**Blood sugar testing:** You need to test your blood sugar once a day at different times a day, either before a meal, 2 hours after a meal, or at bedtime.

### **Your to do list**

**Writing on your logsheet:** Confirm that you took your medication and tested your blood sugar by writing both on your logsheet in the designated space.

**Diet:** Write down everything you eat and drink at one meal with the amounts and times. Then guess which of those foods may have carbohydrate in them. Carbohydrate foods raise blood sugar and need to be eaten in limited amounts.

**Exercise/Activity:** Under the Comments for the day section at the top of the logsheet, write down any activity you do during the day, the type, how long you do it, and the time of day you do it. Examples might be yard work or mowing the lawn, riding your bike, going to the gym, taking a walk, walking the dog, vacuuming or heavy housework, etc.

### **Today’s Scenario**

You had an especially busy morning, walking a lot more than usual. You start to feel a little shakey later in the morning. It’s almost time for lunch and you are home, so you test your blood sugar and it’s 60.

### **Self-Management Problem Solving**

Things you need to think about: What do I need to do if my blood sugar goes too low? Do I have something in the house to get it back up? How much do I take?

What do you think the cause of your low blood sugar was? If you determine that, it will be easier to prevent it from happening again.

How can you be more prepared to deal with a low blood sugar next time?



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## Day 3

### **Your medical treatment and monitoring plan**

**Medication:** You are taking 2 kinds of pills for diabetes. You take one of them twice a day, and the other one is once daily.

**Blood sugar testing:** You need to test your blood sugar once a day at different times a day, either before a meal, 2 hours after a meal, or at bedtime.

### **Your to do list**

**Writing on your logsheet:** Confirm that you took your medication and tested your blood sugar by writing both on your logsheet in the designated space.

**Diet:** Write down everything you eat and drink at one meal with the amounts and times. Then guess which of those foods may have carbohydrate in them. Carbohydrate foods raise blood sugar and need to be eaten in limited amounts.

**Exercise/Activity:** Under the Comments for the day section at the top of the logsheet, write down any activity you do during the day, the type, how long you do it, and the time of day you do it. Examples might be yard work or mowing the lawn, riding your bike, going to the gym, taking a walk, walking the dog, vacuuming or heavy housework, etc.

### **Today’s Scenario**

You have a busy day. First, there is a church breakfast to attend, then a family picnic later in the day. You decide to wait and test your blood sugar at the end of the day.

You get to the church breakfast and realize you forgot to take your diabetes pills. Later, when you are at the family picnic, 2 of your relatives question the fact that you are eating some things they don’t think you should if you have diabetes. You get home that night and before bedtime, you test your blood sugar and the result is 224.

### **Self-Management Problem Solving**

Things you need to think about: Do you know what to do if you miss your medication?

How will you handle situations where you are eating differently and may not have control over what is being served?

How will you handle it when people with good intentions challenge that you are doing the right thing when it comes to YOUR diabetes?

Do you know what a blood sugar of 224 means? Do you know what to do about it?



