Training Webinar

Learning to Use the *Diabetes and Healthy Eyes Toolkit:*
New Educational Resources for Indian Country
Our Guest Speakers

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Today’s Agenda

• What is diabetes?
• Parts of the eye
• Diabetic eye disease
• *Diabetes and Healthy Eyes Toolkit*
• NEHEP resources
What Is Diabetes?

- Diabetes is a very serious disease in which the glucose (sugar) levels in the blood are high.
- Diabetes can cause problems such as blindness, heart disease, kidney failure, and amputations.
Diabetes in Indian Country

- American Indian/Alaska Native adults are over twice as likely as white adults to be diagnosed with diabetes.
- Diabetes is least common among Alaska Natives (5.5%) and most common among American Indians in southern Arizona (33.5%).
- Approximately 30% of American Indians/Alaska Natives have prediabetes.

Sources:
Select your answer:

Are you currently providing diabetes education?

• Yes
• No
Select your answer:

For those currently providing diabetes education, do you cover eye health as part of your outreach?

- Yes
- No
Use the chat box to answer the following question:

What are some typical questions you get about the effects of diabetes on vision?
Parts of the Eye

- Vitreous gel
- Optic nerve
- Cornea
- Pupil
- Macula
- Fovea
- Retina
- Iris
- Lens
**Retina**

The light-sensitive tissue at the back of the eye. The retina converts light into electrical impulses that are sent to the brain through the optic nerve.
Optic nerve
A bundle of more than one million nerve fibers that carries visual messages from the retina to the brain.
**Parts of the Eye (continued)**

**Lens**
A clear part of the eye behind the iris that helps to focus light, or an image, on the retina.
Diabetic Eye Disease

- Diabetic eye disease refers to a group of eye problems that people with diabetes may face as a complication of this disease. Diabetic eye disease can cause severe vision loss or even blindness.

- Diabetic eye disease includes:
  - Diabetic retinopathy
  - Cataract
  - Glaucoma
Diabetic retinopathy
Damage to the blood vessels in the retina due to diabetes.
Glaucoma

Increase in fluid pressure inside the eye that damages the optic nerve.
Cataract

Clouding of the lens that affects vision.
A comprehensive dilated eye exam is a procedure in which an eye care professional examines the eyes to look for common vision problems and eye diseases.
Key Takeaways

• People with diabetes are at higher risk for vision loss due to diabetic retinopathy, glaucoma, and cataract.

• These eye diseases and conditions do not have early warning signs.

• People with diabetes should have a comprehensive dilated eye exam at least once a year.
How Can We Help?

• Educate people with diabetes about diabetic eye disease.
• Encourage people with diabetes to protect their vision by getting a comprehensive dilated eye exam every year.
Discovering the Toolkit

Instructions:

• Open your toolkit.
• Find the assigned resource in your toolkit.
• Follow along as the resource is described.
Discovering the Toolkit (continued)

Flipchart

Can be used with small groups of people to educate them about diabetic eye disease.
Discovering the Toolkit (continued)

Audience

**THE EYE HEALTH TEAM**

**People with diabetes can protect their vision.**

Health professionals who are part of an eye health team include—
- Certified diabetes educator
- Health promoter
- Nurse
- Ophthalmologist
- Optometrist
- Pharmacist
- Primary care provider
- Social worker

**Remember—**
- Visit an eye care professional and take care of your eyes.
- Ask for a dilated eye exam.
- Have a dilated eye exam at least once a year.

Facilitator

**THE EYE HEALTH TEAM**

- Health professionals who are part of an eye health team may include—
  - Certified diabetes educator
  - Health promoter
  - Nurse
  - Ophthalmologist
  - Optometrist
  - Pharmacist
  - Primary care provider
  - Social worker

- This team can be smaller or larger, depending on a person’s need.
- All of these people can help a person with diabetes obtain optimal health, but the person with diabetes has the main responsibility by controlling his/her glucose levels and getting a dilated eye exam at least once a year.
- People with diabetes should know the following:
  - They can take action to protect their vision.
  - Everyone with diabetes should visit an eye care professional at least once a year.
  - An annual visit to an eye care professional can help to prevent blindness.
  - When they talk with their primary care provider, they can ask for ways to control their glucose levels, blood pressure, and cholesterol.

NOTES FOR HEALTH PROMOTERS
Module

Contains information about diabetic eye disease and recommendations on how to use the flipchart to conduct an educational session.
Discovering the Toolkit (continued)

VI. EDUCATIONAL ACTIVITY

Overview
The following educational activity can be used to help reinforce the topics discussed in the Toolkit. This activity also provides an opportunity to clarify any questions that the participants may have.

At the end of the educational activity, participants will be able to do the following:
1. Name the eye diseases related to diabetes.
2. Describe the eye exam required for people with diabetes, and state how often to get the exam.
3. Demonstrate willingness to go to an eye care professional for an exam at least once a year as part of self-management activities.

Materials needed
Be sure to have the following materials ready before starting the activity:
- Eight pieces of paper with the questions about eye diseases (Appendix 1).

Educational activity
- Select eight participants, stand each participant one of the pieces of paper with questions (Appendix 1).
- Call on one of the eight participants to hold up a question, fix the question on the board.
- Ask the remaining participants to comment on what was said during the presentation about that topic.
- Clarify any doubts or questions that arise.
- Repeat the procedure until all the participants have displayed their questions and the comments for each have been discussed.
- Make sure all questions are answered.

Talking points: Educational activity
Answers to the questions:
- What is diabetic eye disease?
  - It is a disease that affects the blood vessels in the eye.
- I have diabetes. Can I develop glaucoma?
  - Yes, diabetics are at risk of developing glaucoma and should have their eyes examined regularly.
- I have diabetes. Can I develop cataracts?
  - Yes, diabetics are at risk of developing cataracts and should have their eyes examined regularly.
- I have diabetes. Can I develop macular degeneration?
  - Yes, diabetics are at risk of developing macular degeneration and should have their eyes examined regularly.
- I have diabetes. Can I get an eye exam?
  - Yes, diabetics should get an eye exam every year.

Pretest for participants
Do not write your name. Write the number you were given in the box.

Please answer the following questions. Do not worry if you do not know all of the answers. Your responses are confidential and will not be shared with the group.

1. Glaucoma is a:
   A) True
   B) False
   C) I am not sure

2. The lens is:
   A) Gray
   B) Blue
   C) I am not sure

3. The retina is:
   A) The innermost layer of the eye
   B) The outermost layer of the eye
   C) I am not sure

4. The normal eye has:
   A) One lens
   B) Two lenses
   C) I am not sure

5. In the United States:
   A) I am not sure

Action plan

I want to make healthy lifestyle choices for my family and me.

Signature Date

As your health provider, I can help you support you and help you maintain good eye health.

Signature Date

Health provider’s telephone number:
Action Plan for Participants

Serves as a pledge or promise to carry out behaviors that will help them maintain overall health and eye health.

Action plan

I want to make healthy vision a health priority. I, __________________________________________, pledge to do the following to be healthier and maintain good eye health:

• Get a dilated eye exam at least once a year.
• Keep my glucose levels under control.
• Maintain my blood pressure at 130/80 mm/Hg or less.
• Maintain my cholesterol levels within a healthy range.
• Walk at least 30 minutes a day five times a week.
• Eat more fruits and vegetables and fewer carbohydrates.
• Eat fewer foods with fat.
• Check my feet daily.
• Take all of the medication prescribed by my doctor.

____________________________________________________________________________________

____________________________________________________________________________________

I want to make healthy lifestyle choices for my family and me.

Signature ___________________________ Date ____________________________

As your health promoter, I am here to support you and help you maintain good eye health.

Signature ___________________________ Date ____________________________

Health promoter’s telephone number: ____________________________
Watch out for your vision! If you have diabetes, read this story.

Used to educate people with diabetes about the importance of getting a dilated eye exam at least once a year.
Medicare Benefit Card

Helps promote the diabetic eye disease and glaucoma benefit offered by Medicare.
Discovering the Toolkit (continued)

TRACK Diabetes Magnet

Gives tips to people with diabetes about keeping their health on TRACK.

If you have diabetes, **get a dilated eye exam** and keep your health on **TRACK**:

- Take your medications.
- Reach and maintain a healthy weight.
- Add exercise to your daily routine.
- Control your blood sugar.
- Kick the smoking habit.

www.nei.nih.gov/diabetes
Discovering the Toolkit (continued)

Publications Order Form

Can be used to order eye health educational materials.
Discovering the Toolkit 

Evaluation Form

Can be used to share your experience with the toolkit and to provide recommendations.
CD-ROM

Contains PDFs of all the materials contained in the toolkit.
Getting Ready for an Educational Session

Before an educational session:

• Review the flipchart and module content
• Identify a place to conduct your educational session
• Find and invite participants
• Order NEHEP materials
• Make copies of handouts
• Buy healthy snacks
• Collect pens or pencils
• Have the flipchart and module ready
The Educational Session

1. Introductions 5 minutes
2. Pretest 10 minutes
3. Flipchart presentation 50 minutes
4. Educational activity 10 minutes
5. Action plan 5 minutes
6. Posttest 10 minutes

Estimated Time: 1 hour and 30 minutes
Other Ways to Access the Toolkit

Welcome to the Diabetes and Healthy Eyes Toolkit

The Diabetes and Healthy Eyes Toolkit is a great tool to use with small groups of people in community settings or during diabetes self-management classes. It provides all the materials and tools necessary to inform people how diabetes affects the eyes, the importance of comprehensive dilated eye exams, and how people can protect their sight from diabetic eye disease. Available in English and Spanish, the toolkit includes the following:

- **Diabetes and Healthy Eyes Flipchart.** Use this in small group settings to help educate people about diabetic eye disease.
- **Diabetes and Healthy Eyes Module.** Use this module to learn about diabetic eye disease and how to use the flipchart to educate others about this disease.
- **Watch Out for Your Vision!** (Qojo con su Vision) Si tiene diabetes, lea esta historia Booklet. Distribute copies of this booklet to people with diabetes to help them learn about the importance of getting a dilated eye exam at least once a year.

www.nei.nih.gov/diabetestoolkit
Online Training

Lesson 2: Discovering the Toolkit and Preparing an Educational Session

Lesson 1: Introduction to Diabetic Eye Disease

- Lesson 2: Discovering the Toolkit and Preparing an Educational Session
- Lesson 3: Opening the Educational Session
- Lesson 4: Presenting the Flipchart
- Lesson 5: Reinforcing Content and Closing the Session

www.nei.nih.gov/diabetestoolkit
NEHEP Resources

- General eye health
- Glaucoma
- Cataract
- Low vision
- Sports-related eye safety
- Vision and aging

www.nei.nih.gov/nehep
Questions

Use the chat box to ask any questions

www.nei.nih.gov/nehep

www.nei.nih.gov/diabetestoolkit
Contact NEHEP

• For more resources, please visit:
  www.nei.nih.gov/nehep

• Or contact:
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Next Steps

• Complete the evaluation form that will pop up on your screen at the end of the webinar.
• Receive your certificate of completion via email.
Thank you!