



**Diabetes and
Healthy Eyes
Toolkit**

Training Webinar

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



National Eye Health
Education Program
NEHEP



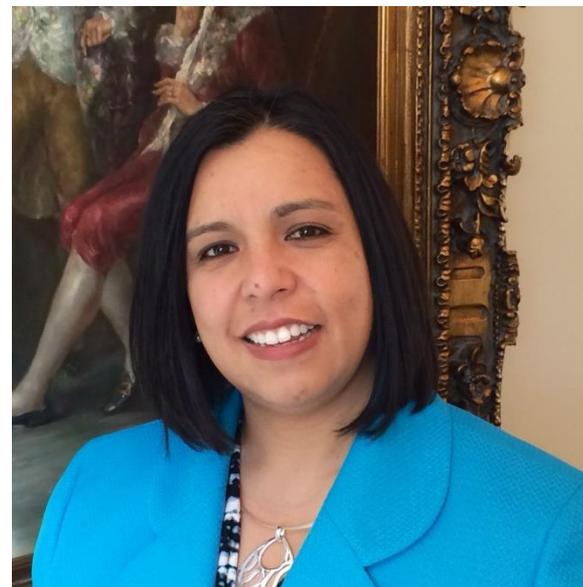
Our Guest Speakers



Neyal Ammary-Risch, M.P.H., MCHES

Director

National Eye Health Education Program
National Institutes of Health



Marcela Aguilar, M.H.S.

Senior Manager

ICF International

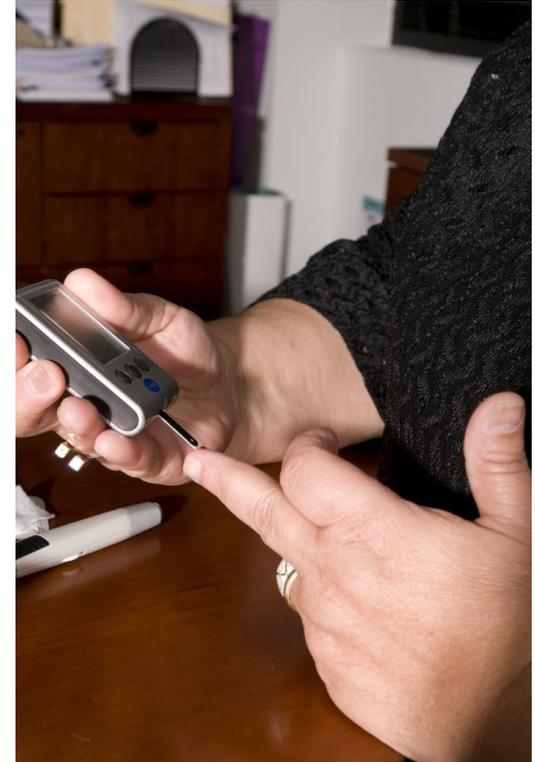
Today's Agenda

- 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:

U.S. Department of Health and Human Services, Office of Minority Health, 2011.
American Diabetes Association, 2014.

Your Turn! (Question 1)

Select your answer:

Are you currently providing diabetes education?

- Yes
- No

Your Turn! (Question 2)

Select your answer:

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

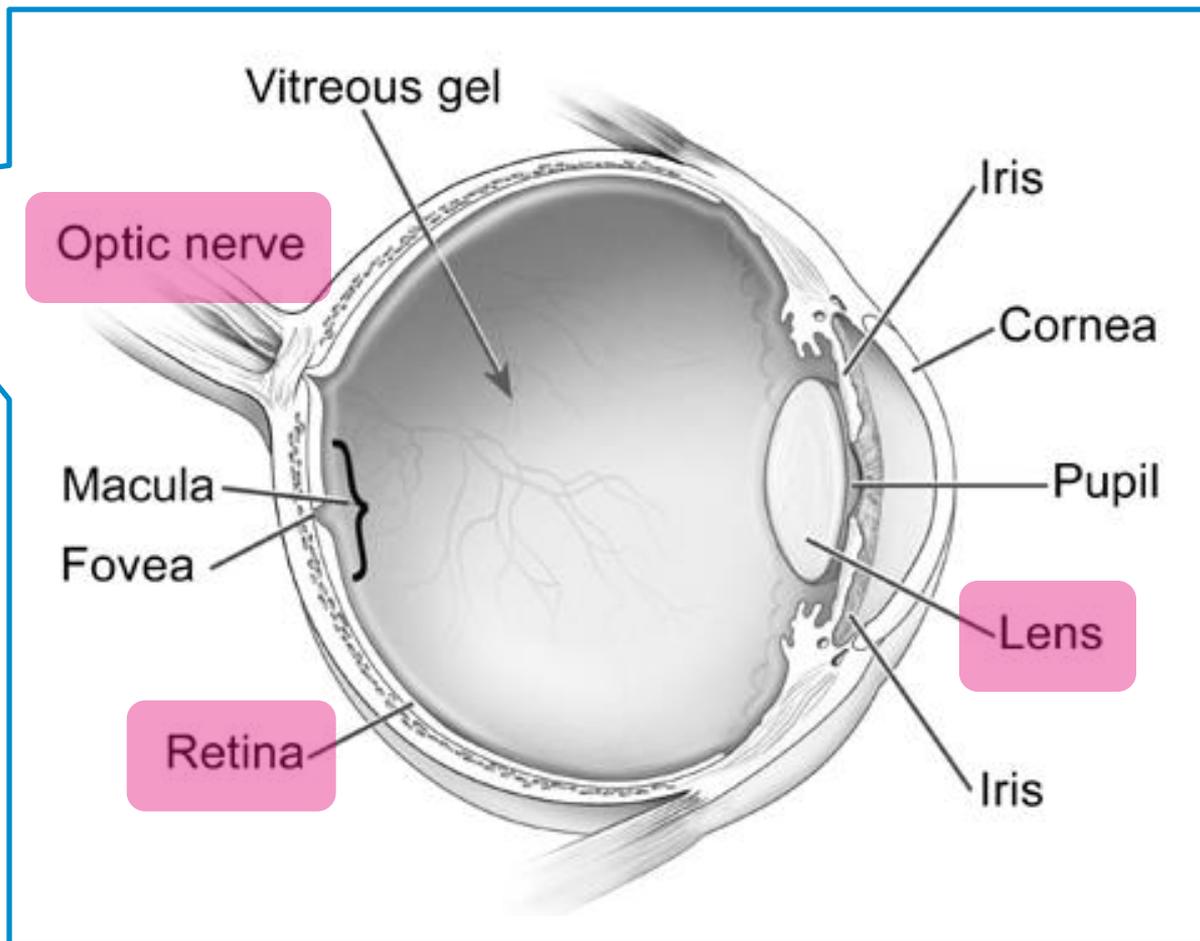
- Yes
- No

Your Turn! (Question 3)

Use the chat box to answer the following question:

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

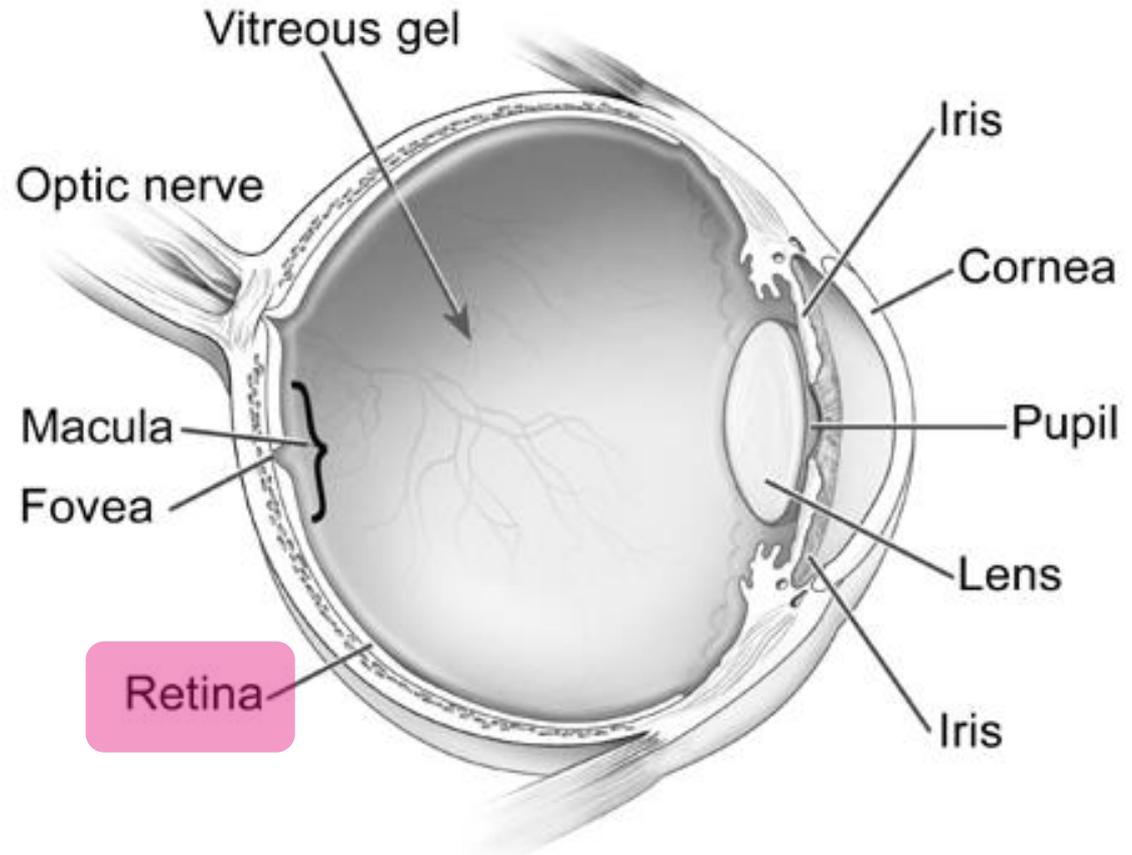
Parts of the Eye



Parts of the Eye (continued)

Retina

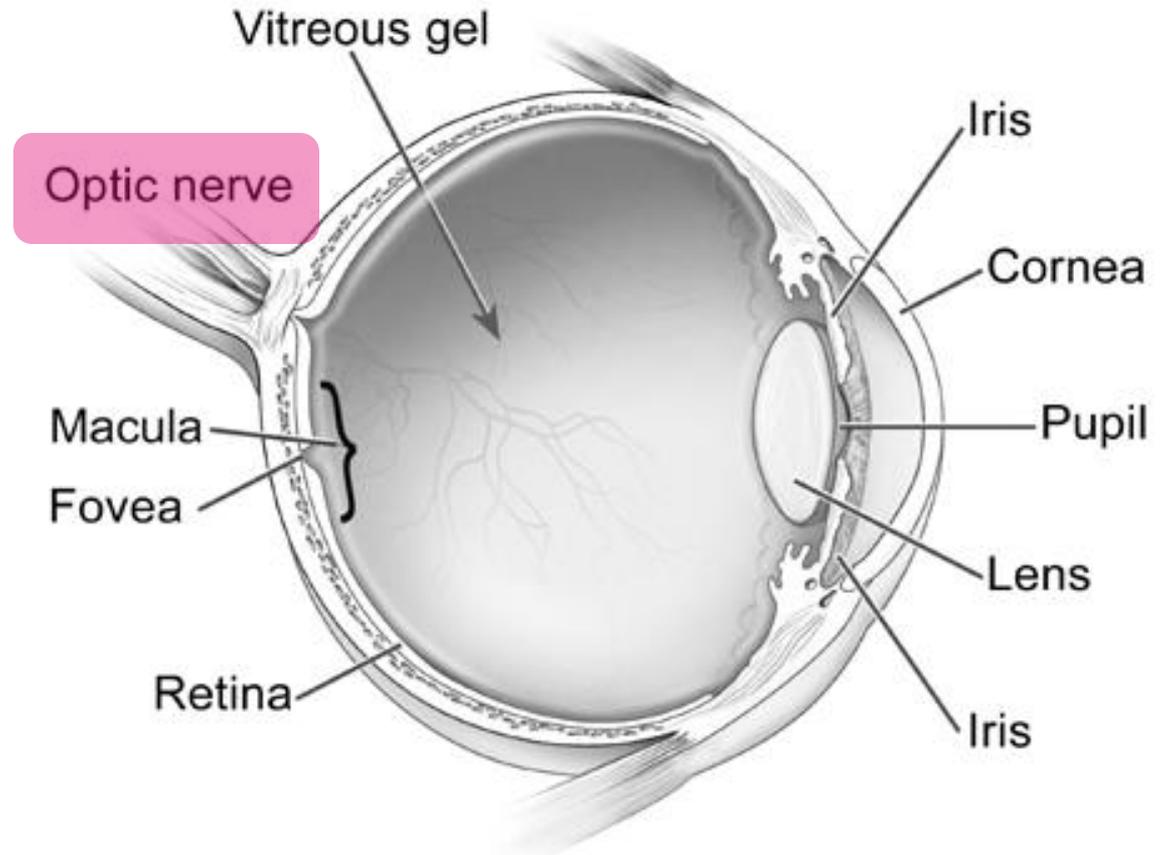
The light-sensitive tissue at the back of the eye. The retina converts light into electrical impulses that are sent to the brain through the optic nerve.



Parts of the Eye (continued)

Optic nerve

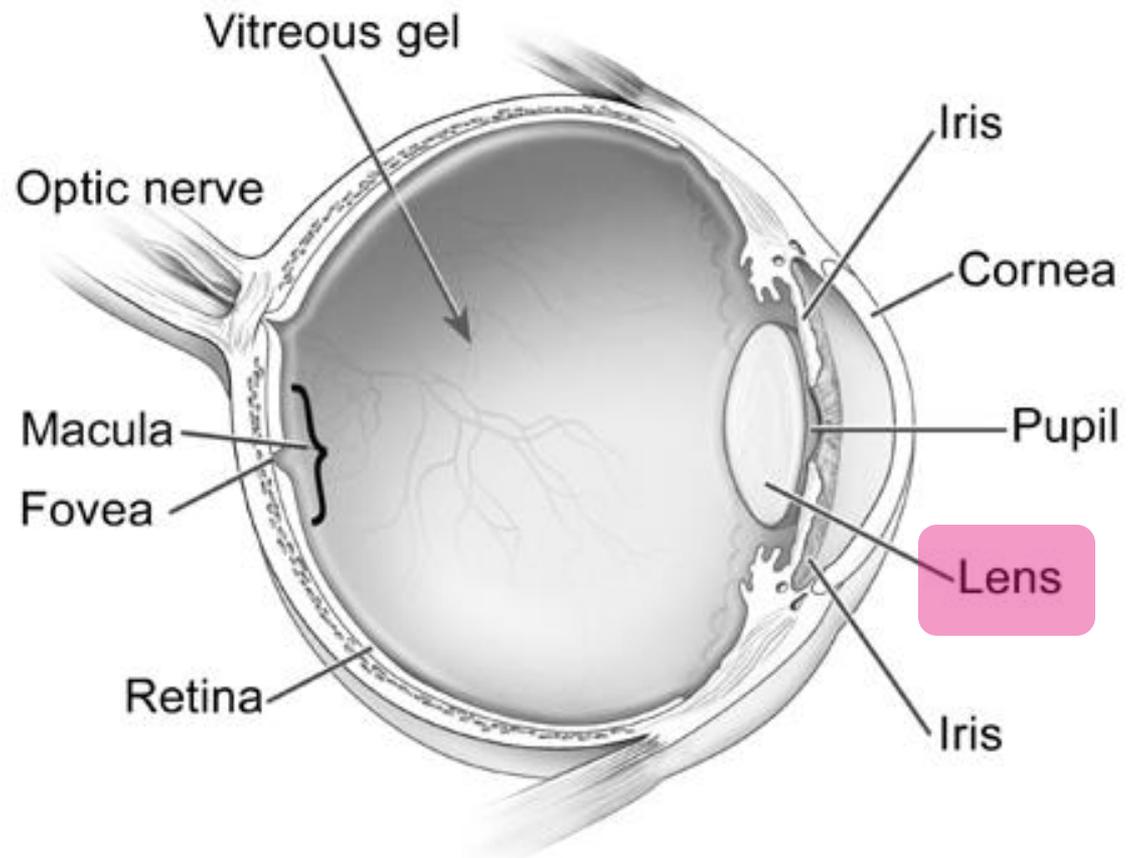
A bundle of more than one million nerve fibers that carries visual messages from the retina to the brain.



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

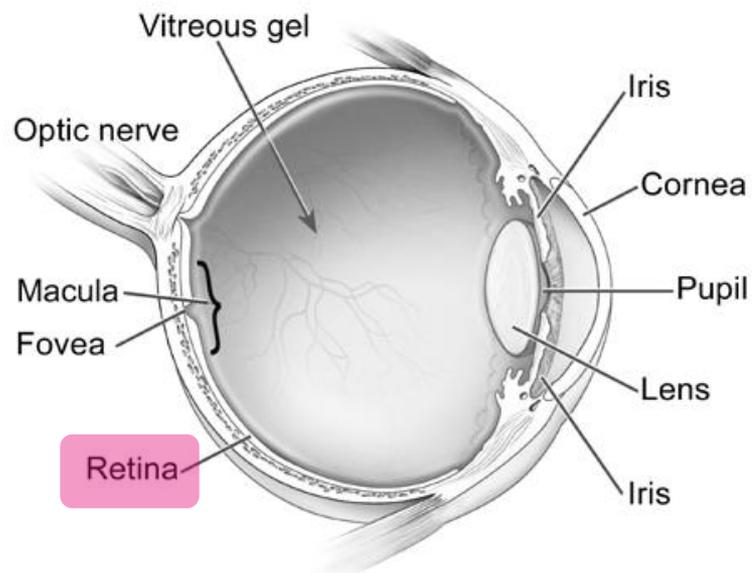
- Diabetic eye disease refers to a group of eye problems that people with diabetes may face as a complication of this disease. Diabetic eye disease can cause severe vision loss or even blindness.
- Diabetic eye disease includes:
 - Diabetic retinopathy
 - Cataract
 - Glaucoma



Diabetic Eye Disease (continued)

Diabetic retinopathy

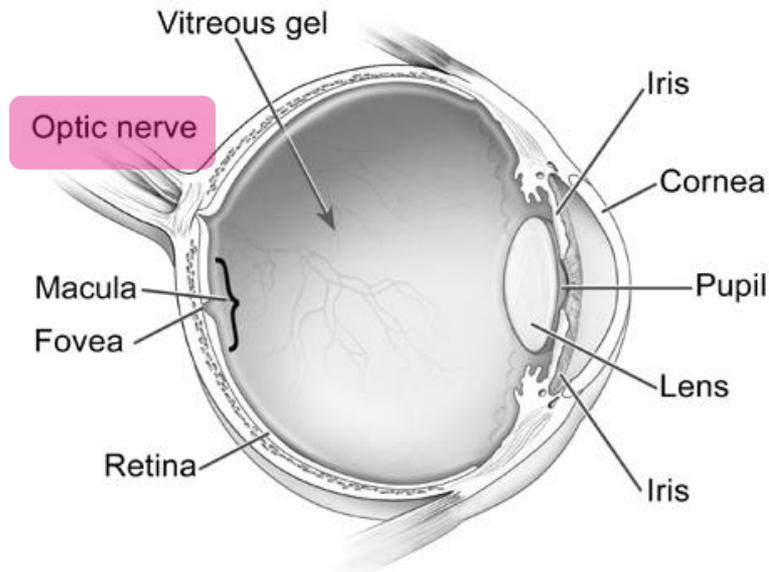
Damage to the blood vessels in the retina due to diabetes.



Diabetic Eye Disease (continued)

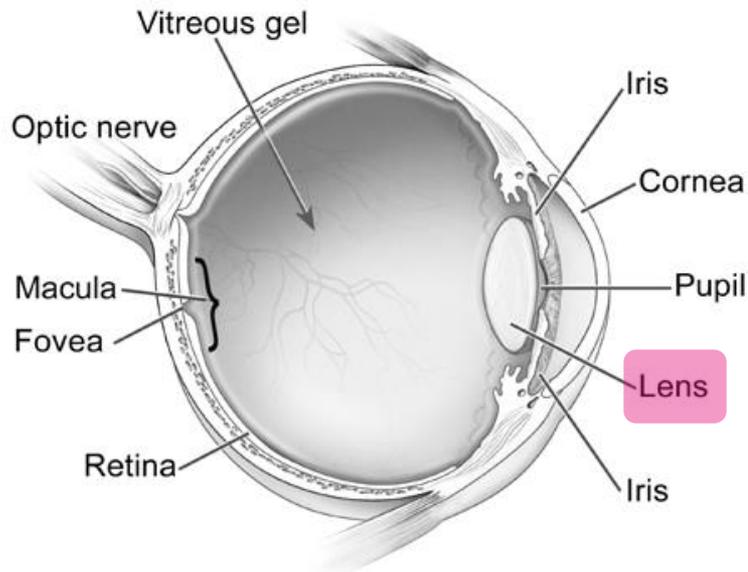
Glaucoma

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



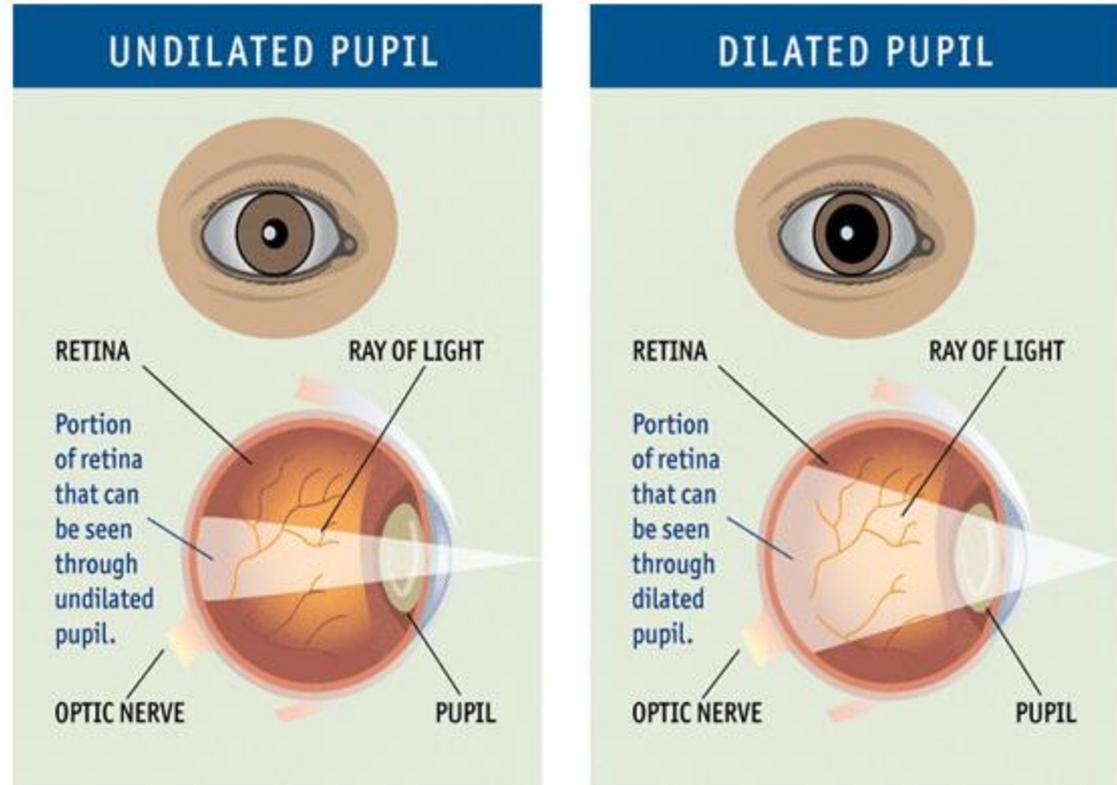
Cataract

Clouding of the lens that affects vision.



Comprehensive Dilated Eye Exam

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.



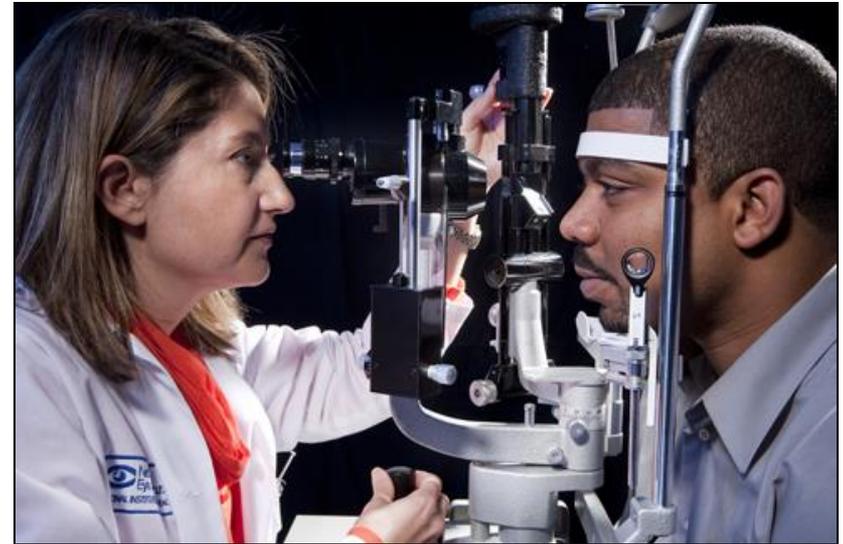
Key Takeaways

- 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

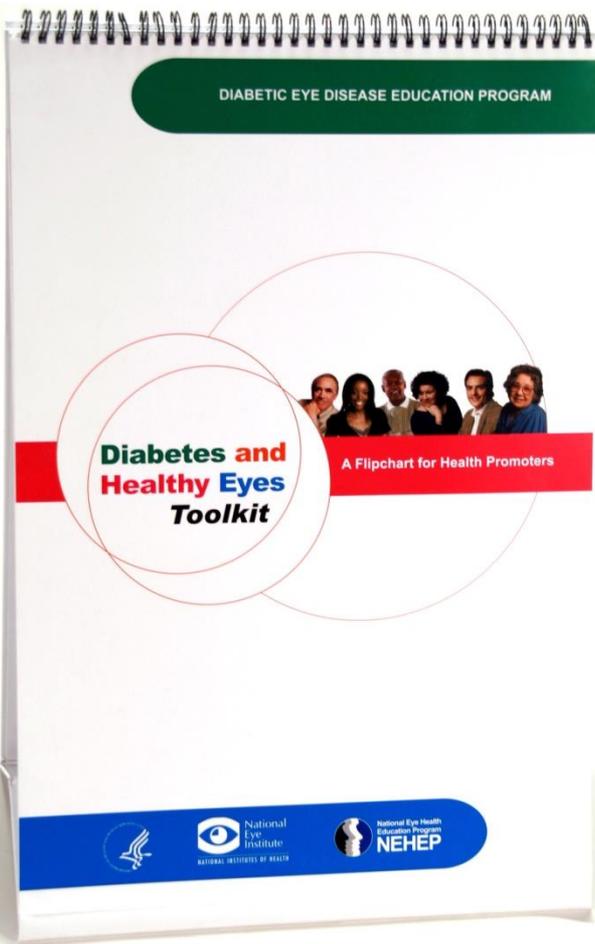


Instructions:

- Open your toolkit.
- Find the assigned resource in your toolkit.
- Follow along as the resource is described.

Flipchart

Can be used with small groups of people to educate them about diabetic eye disease.



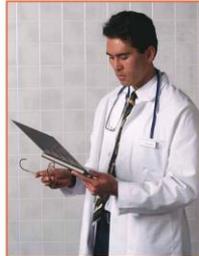
Audience

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



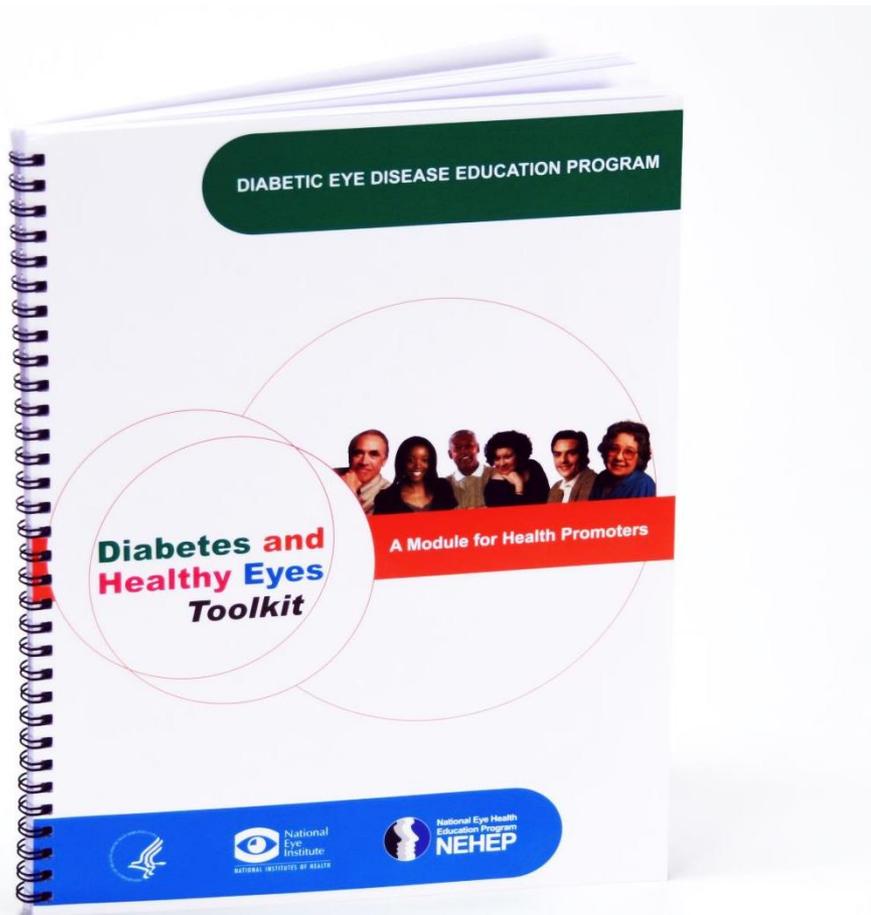
Remember—

- **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.



Module

Contains information about diabetic eye disease and recommendations on how to use the flipchart to conduct an educational session.

VI. EDUCATIONAL ACTIVITY

Overview

The following educational activity can be used to help reinforce the topics discussed in the flipchart. 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 recommended for people with diabetes and know how often to get the exam.
3. Demonstrate willingness to go to an eye care professional for a dilated eye exam at least once a year as part of their self-management activities.

Materials needed

Be sure to have the following materials ready before starting the activity:

- Eight pieces of paper, each with one of the following questions (Appendix J)—
 - What is diabetic eye disease?
 - I have diabetes. Can I develop glaucoma?
 - I have diabetes. Can I develop cataract?
 - I have just been diagnosed with diabetes, but I do not have any vision problems. What should I do?
 - I have diabetes, but I do not have any vision problems. Why should I get an eye exam?
 - What kind of eye exam should I get and how often should I get it?
 - The doctor says I have diabetic retinopathy. What can I do?
 - Who is on an eye health team?

Recommendation

Practice the activity at least once, with a group of colleagues or by yourself, before conducting it.

Allow 15 minutes for this section.

Purpose of the section

- To reinforce the messages presented.

Materials needed

- Eight pieces of paper with the questions about eye diseases (Appendix J).

Educational activity

- Select eight participants. Hand each participant one of the preprinted sheets with questions (Appendix J).
- Call on one of the eight participants to hold up his/her question. Read the question out loud.
- Ask the remaining participants to comment on what was said during the presentation about that topic.
- Clarify any doubts or questions that arise.
- Repeat this procedure until all the participants have displayed their questions and the comments for each have been discussed.
- Make sure all questions are answered.

Hint

If your group is smaller than eight people, you can hand one preprinted sheet to each of the participants and discuss the remaining questions once you have answered all the questions that were handed out.

Talking points: Educational activity

Answers to the questions—

- **What is diabetic eye disease?**
 - Diabetic eye disease refers to a group of eye problems that people with diabetes may face as a complication of diabetes. It includes diabetic retinopathy, cataract, and glaucoma.
- **I have diabetes. Can I develop glaucoma?**
 - Yes, glaucoma is almost twice as likely to occur in people with diabetes than in those without the disease.
- **I have diabetes. Can I develop cataract?**
 - Yes, people with diabetes are twice as likely to develop cataract and to develop them at an earlier age than are those without diabetes.
- **I have just been diagnosed with diabetes, but I do not have any vision problems. What should I do?**
 - Go to an eye care professional and get a dilated eye exam. The eye care professional will determine when treatment is needed.
- **I have diabetes, but I do not have any vision problems. Why should I get an eye exam?**
 - You should get an eye exam because there are often no symptoms in the early stages of the disease, nor is there any pain. Early detection and timely treatment can help reduce the risk of blindness.

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 disease.
 - A) True
 - B) False
 - C) I am not sure
2. The lens is found in the eye.
 - A) True
 - B) False
 - C) I am not sure
3. The diabetes-related eye diseases are:
 - A) Nearsightedness
 - B) Astigmatism
 - C) Diabetic retinopathy
 - D) I am not sure
4. The most frequent eye problem in people with diabetes is:
 - A) Diabetic retinopathy
 - B) Diabetic cataract
 - C) Glaucoma, nearsightedness
 - D) I am not sure
5. In the United States, the most common eye disease is:
 - A) Nearsightedness
 - B) Diabetic retinopathy
 - C) Presbyopia (farsightedness)
 - D) I am not sure

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: _____



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.
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- 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.

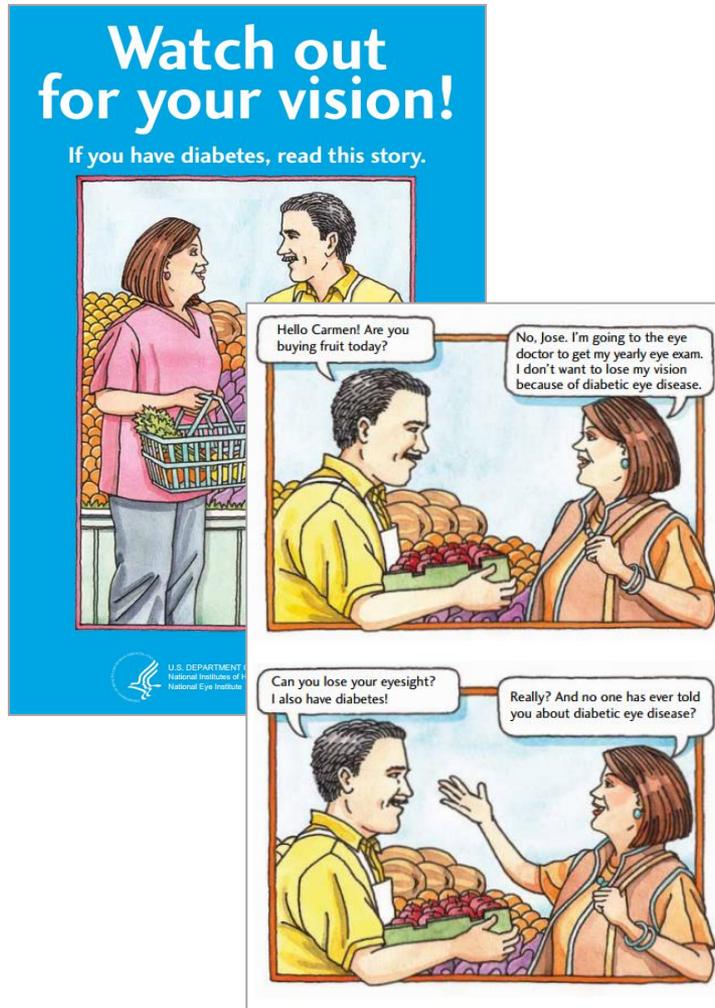
Signature _____ Date _____

Health promoter's telephone number: _____

Action Plan for Participants

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





**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.



Take advantage of...

Medicare benefits for Diabetic Eye Disease.

If you have diabetes, Medicare will help pay for eye exams. Take advantage of benefits that may save your sight.

Diabetic Eye Disease can affect anyone with diabetes. It often has no symptoms or pain. If undetected, it can cause severe vision loss or blindness.

There is treatment for diabetic eye disease.
See your eye care professional for an exam today!



1-800-MEDICARE
www.medicare.gov



National Eye Institute
www.nei.nih.gov



Medicare Benefit Card

Helps promote the diabetic eye disease and glaucoma benefit offered by Medicare.



National Eye Health
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TRACK Diabetes Magnet

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

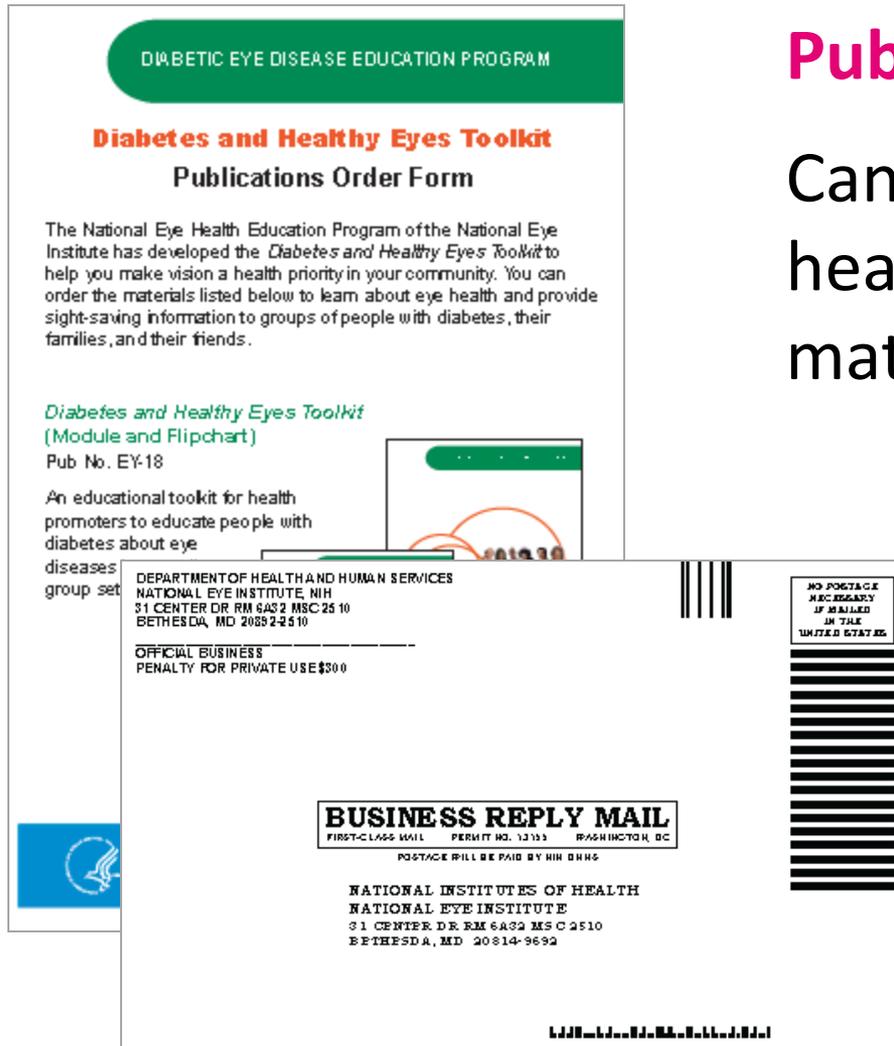


If you have diabetes,
get a dilated eye exam and
keep your health on **TRACK**:

- T**ake your medications.
- R**each and maintain a healthy weight.
- A**dd exercise to your daily routine.
- C**ontrol your blood sugar.
- K**ick the smoking habit.

www.nei.nih.gov/diabetes

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
National Institutes of Health
National Eye Institute



Publications Order Form

Can be used to order eye health educational materials.

Evaluation Form

The National Eye Health Education Program of the National Eye Institute is interested in getting your feedback about the *Diabetes and Healthy Eyes Toolkit*. Please take a few minutes to complete and return this evaluation form. Your comments will help us improve our eye health education programs. Once you have completed the form, tape it closed and mail it in.

1. Have you used the following Toolkit materials?

	Yes	No
Module	<input type="checkbox"/>	<input type="checkbox"/>
Flipchart	<input type="checkbox"/>	<input type="checkbox"/>
Medicare benefit card	<input type="checkbox"/>	<input type="checkbox"/>
Watch out for your vision! brochure	<input type="checkbox"/>	<input type="checkbox"/>
TRACK magnet	<input type="checkbox"/>	<input type="checkbox"/>
Handouts	<input type="checkbox"/>	<input type="checkbox"/>

5. How would you best describe the target audience(s) for your diabetes education program? Check all that apply.

- Age—**
- Under 40 years 40–64 years
 65 years and older
- Race/ Ethnicity—**
- African American Hispanic/Latino
 American Indian or Alaska Native

2. What other types of materials, not included in the Toolkit, would be helpful to you?

- Poster/event poster
 Reproducible art (clip art, photos)
 Other: _____

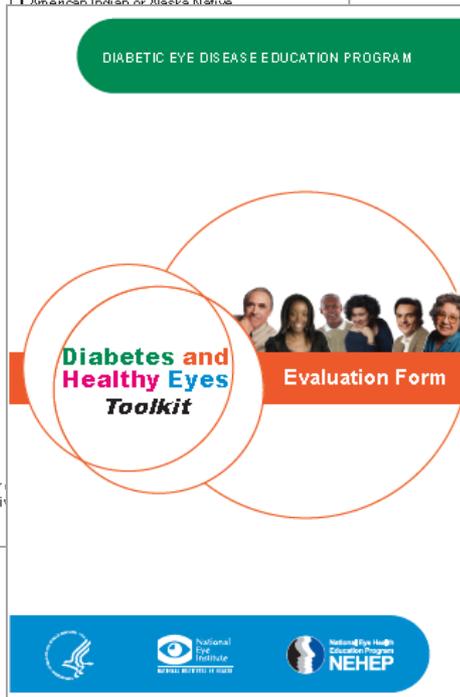
3. In which type of setting(s) have you or will you use these materials? Check all that apply.

- Community center Health department
 Hospital/clinic Library Worksite
 Other: _____

4. On a scale of not useful at all to very useful, overall, how would you rate the Toolkit? Check one box.

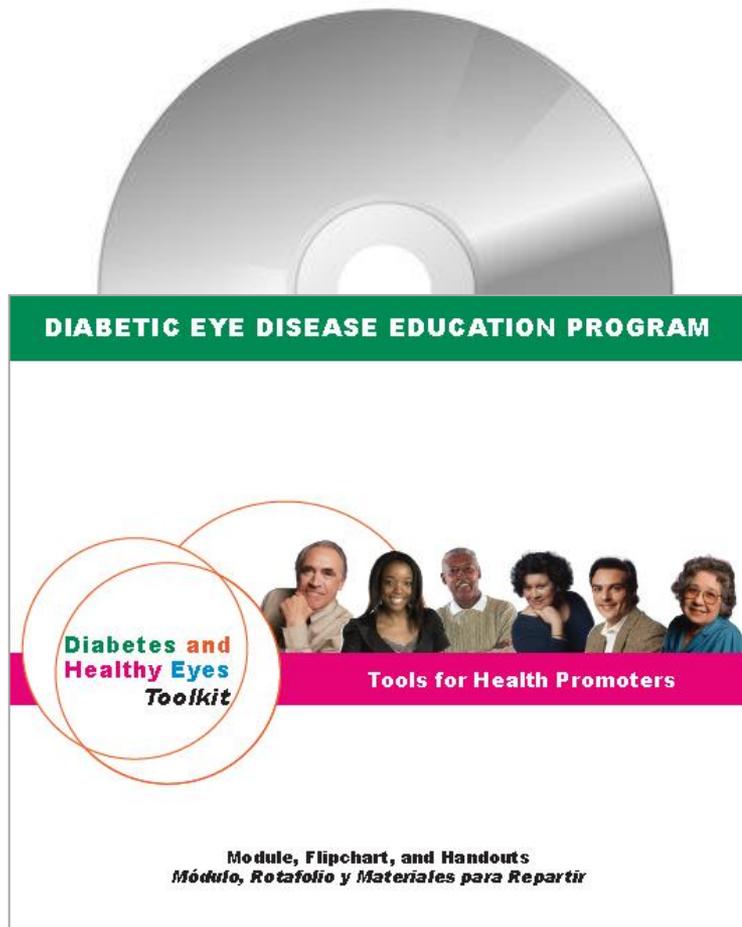
- Not useful at all
 Somewhat useful
 Very useful

If you wish to receive *Outlook*, the electronic newsletter provides quarterly updates on eye health education at www.nei.nih.gov/hehep.



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



The screenshot shows a web browser window with the URL www.nei.nih.gov/nehep/diabetestoolkit. The page is titled "National Eye Institute" and features a navigation menu on the left with categories like "About NEHEP", "NEHEP Programs", "NEHEP Partnership", "Outlook Newsletter", "Related Research", "Working with the Media", "Webinars", and "Infographics". The main content area is titled "NEHEP Programs" and includes a sub-header "Diabetes and Healthy Eyes Toolkit" with a photo of diverse people. Below this, a "Welcome to the Diabetes and Healthy Eyes Toolkit" section explains the toolkit's purpose and lists three materials: "Diabetes and Healthy Eyes Flipchart", "Diabetes and Healthy Eyes Module", and "Watch Out for Your Vision! Brochure". An "Order Materials" button is located at the bottom left of the content area.

National Eye Institute

Home » Education » NEHEP » NEHEP Programs » ¡Ojo con su visión! » ¡Ojo con su visión! Toolkit

NEHEP Programs

Diabetes and Healthy Eyes Toolkit

Tools for Community Health Workers

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! Brochure.** (¡Ojo con su Visión! 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.

[Order Materials](#)

Diabetes and Healthy Eyes Toolkit

Lesson 2

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

Diabetes and Healthy Eyes Toolkit Online Training Course

Outline Notes Search

Slide Notes

Congratulations! You have completed Lesson 1. Now let's move on to Lesson 2: Discovering the Toolkit and Preparing an Educational Session.

In this lesson, you will learn about the toolkit flipchart, module, and handouts. You'll also learn how to prepare for an educational session.

23 Minutes 57 Seconds Remaining

Lesson 2: Discovering the Toolkit and Preparing an Educational Session

Slide 21 / 65 | Stopped 00:22 / 00:22

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

Don't lose sight of
Cataract

Don't lose sight of
Diabetic Eye Disease

Information for people at risk

Glaucoma

What is it?
Glaucoma is a group of diseases that can damage the optic nerve. There are often no symptoms in its early stages. Left untreated, it can lead to vision loss & blindness.
Most common form: Primary open-angle
Optic Nerve

NO SYMPTOMS

What are the numbers?
2.7 million people in the U.S. have **glaucoma**

50% KNOW **50% DON'T KNOW**

By 2030, **4.2 million people** in the U.S. will have **glaucoma**

Who's at higher risk?
African Americans 40+
Everyone 60+ especially **Mexican Americans**
with a Family history of glaucoma

What to do?
Get a comprehensive dilated eye exam every 1-2 years

Early detection and treatment can help save your sight

Where can I learn more?
Visit <http://www.nei.nih.gov/glaucoma>

Source: National Eye Institute, 2013

Set your sight on healthy vision if you have diabetes.

Diabetic eye disease has no warning signs and can lead to vision loss or blindness if left untreated. If you have diabetes, visit your eye care professional at least once a year for a comprehensive dilated eye exam.

www.nei.nih.gov/diabetes
1-877-569-8474

Connect with the National Eye Health Education Program (NEHEP) on Facebook and Twitter

NIH National Eye Institute NEHEP

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NIH National Eye Institute NEHEP

Diabetic Eye Disease

AN EDUCATOR'S GUIDE

NATIONAL EYE HEALTH EDUCATION PROGRAM

Questions

Use the chat box to ask any questions



www.nei.nih.gov/nehep

www.nei.nih.gov/diabetestoolkit



National Eye Health
Education Program
NEHEP



Contact NEHEP

- **For more resources, please visit:**
www.nei.nih.gov/nehep
- **Or contact:**
Neyal J. Ammary-Risch, M.P.H., MCHES
Director
National Eye Health Education Program
E-mail: ammaryn@nei.nih.gov
Tel: **301-496-5248**

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.





**Diabetes and
Healthy Eyes
Toolkit**

Thank you!



National Eye Health
Education Program
NEHEP

