

# Diabetes Empowerment Education Program (DEEP)

## Curriculum Description

The Diabetes Empowerment Education Program, also known as DEEP™, is a curriculum designed to help people with pre-diabetes and existing diabetes as well as their relatives and caregivers gain a better understanding of diabetes self-care. The program consists of a curriculum that is evidence-based and incorporates self-care education guidelines. Classes are held once a week for five to six weeks and are approximately 1.5 to 2 hours in length. Class schedules may be customized upon request.

### Module Descriptions

#### Module #1: Beginning Sessions and Understanding the Human Body

- Function of the human body and its relation to diabetes
- Strategies to manage and control diabetes and the importance of self-care principles

#### Module #2: Understanding Risk Factors for Diabetes

- The definition, classification and symptoms of diabetes
- Risk factors and the *Weekly Action Plan*

#### Module #3: Monitoring Your Body

- The diagnosis of diabetes, hypoglycemia, hyperglycemia and ways to control these
- Diabetes management and the benefits of the glucose meter

#### Module #4: Get Up and Move! Physical Activity and Diabetes

- Motivation for participants to perform physical activity on a regular basis and incorporate exercise as a method to control diabetes

#### Module #5: Controlling Diabetes through Nutrition

- Concepts and basic nutritional terms that allow participants to make correct decisions when selecting foods, including the use of food labels. Portion control and the plate method are covered.

#### Module #6: Diabetes Complications: Identification and Prevention

- Main complications of diabetes, the different types of specialists and health care team members available for prevention and control

#### Module #7: Learning about Medications and Medical Care

- Medications available for the control of diabetes, hypertension, high cholesterol and triglycerides

#### Module #8: Living with Chronic Disease: Mobilizing Family and Friends

- Emotional aspects of chronic disease, such as stress and depression
- Patients' rights
- How to involve family and friends in the self-care program

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