

S10. LONG-TERM COMPLICATIONS OF DIABETES

THE AIM of the exercise is to discuss typical long-term complications that can arise as a result of diabetes. The idea is to raise awareness, understanding and motivation for better control of blood sugar. The exercise can also be used to follow up on concerns expressed by the patient.

PRACTICALITIES Use exercise sheet S10, icon sheet 3 and what the patient already knows about long-term complications as your starting point. Stick the relevant icons onto the figure on the basis of the subsequent dialogue. Then review illustration sheet D and bring in the areas that have not already been discussed.

Before the session, take a copy of the exercise sheet (which can be downloaded at www.steno.dk). Give patients the completed sheet to take home and a copy of illustration sheet D.

STEP BY STEP

- Briefly explain what the exercise is about and ask patients what they know about long-term complications of diabetes.
- If possible, let patients stick the icons onto the sheet for themselves.
- Ask whether they recognise one or more complications from their own experience and what they know about preventing and relieving long-term complications. Use the answers as a springboard for a subsequent exercise that goes into more detail on one or more of the areas (exercise S11) or an exercise based on patient's own experiences, etc., such as exercise S12.

