

# S11. PREVENTING LONG-TERM COMPLICATIONS

**THE AIM** of the exercise is to take a more detailed look at one or more of the areas that can be affected by long-term complications and how to prevent and/or relieve them. It is also to find out whether patients believe in the possibility of reducing the risk of developing long-term complications. It is then possible on this basis to organise support for an understanding of cause and effect and motivation.

**PRACTICALITIES** Use exercise sheet S11 as a starting point and focus on the areas chosen by the patient. Consider using illustration sheet D. Sticking icons onto the illustration sheet helps patients relate to it. For each area, ask what patients know about preventing themselves from getting complications (control of blood sugar, eyes and feet, exercise, etc.). Use a scale exercise to check on their understanding of the connection between blood sugar control and complications. Have illustration sheets A-D on the table to provide inspiration and overview.

Before the session, take a copy of the exercise sheet (which can be downloaded at [www.steno.dk](http://www.steno.dk)). Give patients the completed sheet to take home and take a copy yourself.

## STEP BY STEP

- Explain briefly what the exercise is about and/or ask patients about the areas they would like to explore in depth.
- If possible, let patients themselves write on the sheet and stick icons onto it.
- Exercise S12, 'Experience of long-term complications', can be used to focus more on patients' own situation or go directly to exercise 'Goal and Plan' (Part 2).

EXERCISE SHEET S11

## PREVENTING LONG-TERM COMPLICATIONS

| How can this area be affected by long-term complications?                            | What can be done to relieve or prevent long-term complications? |
|--------------------------------------------------------------------------------------|-----------------------------------------------------------------|
|  |                                                                 |
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Look at illustration sheet D and attach icons for the areas you decide you want to discuss.

How much do I think I can reduce the risk of getting long-term complications of diabetes?  
On a scale of 0 to 10, where 0 is 'Not at all' and 10 is 'Very much'

0 |  | 10

Please X

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