

Dear **SNAP** Participant:

Welcome to the School Nurses and Pharmacists diabetes self-management education program. We have designed this program specifically for students who must deal with diabetes along with the many other challenges faced by adolescents in today's world. Through this program you will have the opportunity to discuss your disease with your family, school nurse and community pharmacist. Through our DVD modules you will learn about your disease not only from experts in the management of diabetes but also from students just like you who have faced the same challenges as you. By bringing together all of these elements we hope that you gain an understanding that diabetes can affect all areas of your life, that all areas of your life can affect your diabetes, but most importantly, that you have the tools to manage all of this and will thus determine whether you control your disease or it controls you.

### **Program Activities**

During this program, which will last approximately eight months, you will be asked to participate in three kinds of activities:

- Meet with your school nurse one time each week to be weighed and for you to test your sugar with your meter.
- Meet with your parents/guardians and your community pharmacist one time each month. During this 30-40 minute session you will view one of the video modules and then have an opportunity to apply the contents of that video to your situation.
- Discuss the monthly module topic with members of your family. During these discussions they will learn how you are dealing with diabetes, and you will learn how your disease affects other members of the family. By discussing these things you will all learn to work together for everyone's benefit.

### **Toolkit Contents and Procedures**

This binder contains three parts to help you understand diabetes better:

- *Diabetes Activity Workbook (and Parent's Guide)*. This Workbook provides some background information on diabetes. We will not specifically discuss the contents of this Workbook, but it should help you understand the disease better through the use of a variety of activities like word games, puzzles, etc. The Parent's Guide can be used by your parents/guardians to help you with the topics.
- *DVD Modules*. The two DVD discs contained in this binder provide discussions of the eight topics covered in this program. Each module brings together the thoughts of one of our diabetes experts and a panel of six teens who share their experiences regarding the module topic. You will view these modules one at a time at the pharmacy, but you may wish to watch them in advance to prepare for the visit.

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- **Printed Module Tools.** The printed materials for each module are divided into four parts:
  - o **Self-Assessment tool.** The student should complete this before the visit with the community pharmacist.
  - o Educational tools. There are a number of tools in each module to help you understand the topic better. Some of these are for use during your pharmacist visit, while others may be used whenever you need them.
  - o **Student Module Evaluation.** Please complete this form at the end of your pharmacist visit, insert it in the confidential envelope provided, and give it to the pharmacist.
  - o **Parent/Guardian Module Evaluation.** This should be completed by your parents/guardians, placed in the confidential envelope provided, and given to the pharmacist.

By accurately and honestly completing all the evaluations, you will help us make this a better program for future participants. Thank you for your cooperation.

Thanks again for being a **SNAP** participant. We hope you enjoy the program and get a lot out of it. We hope, too, that it helps you recognize that diabetes is not only a disease you have, but it is a disease over which you have control.

# SNAP Diabetes Program

## Parental/Guardian Consent Form

**A collaboration of community pharmacists and school nurses to improve the care of students with diabetes.**

This consent form may contain words that you do not understand. Please ask the pharmacist whose name appears at the end of this form to explain any words or information that you do not clearly or fully understand.

Your child will have the opportunity to participate in a diabetes self-management and education program which will be conducted at his/her school and at a community pharmacy near your home. There will be no cost to you, the parent/guardian, for participating. The program requires that your child see the nurse at school once a week, at which time the nurse will weigh your child and watch as your child demonstrates how he/she tests his/her sugar using his/her own glucose meter (If your child does not have a personal meter, one will be provided at no cost to you). Your child will have an opportunity to ask the nurse any questions about diabetes during this 5-10 minute visit. Your child and you, his/her parents/guardians, will also make a visit to the designated community pharmacy for an educational visit once a month, for eight (8) visits. Each of these sessions at the pharmacy should last about 30 minutes, during which time you will be asked to watch a video and then discuss how this information affects your child and you.

The pharmacists conducting the screening will not be diagnosing your child with diabetes. They will be evaluating your child according to Standards set by the American Diabetes Association.

### *Who can take part in this program?*

Any child in one of the participating Harnett County schools who has been diagnosed with diabetes mellitus or is at risk of developing diabetes mellitus is eligible to take part, as long as the child's parent (s) or guardian (s) has/have signed the parental/guardian consent form.

### *Who can NOT take part in this screening?*

1. Children who do not return a signed parental/guardian consent form to the school
2. Children who have not been diagnosed with diabetes or are not at risk of developing diabetes.

### *What are the risks of the child taking part in the program?*

The risks your child may encounter during this program include those associated with a finger stick blood draw such as pain at site of finger stick, bleeding, and possible infection from finger stick. The volume of blood used per finger stick is approximately equivalent to 5 drops. A finger stick for the purposes of measuring blood glucose will be done by your child at each nurse's visit.

### *What are the benefits for the child taking part in the screening?*

Diabetes in children can have a significant impact on the child, as a child and throughout his/her life. It has been shown that learning and practicing certain self-management skills is an essential part of keeping the child with diabetes free from short and long term complications. This is an opportunity being offered at no cost to you, the parent/guardian, which will allow your child to acquire these skills. The approximate retail value of this program is \$300, but available to you at no cost.