

**Diabetes Empowerment Education Program (DEEP)**  
**Training of Trainers (TOT)**  
**PEER EDUCATORS**

**Agenda**  
**DAY 1**

- 9:00 to 9:15            Registration and Pre-test
- 9:15-9:45            Introduction – Who we are  
Review agenda and binder  
Icebreaker – quick example of how we start our DEEP classes  
    • [Name Tents](#)  
Review of EDC Program  
Diabetes Task and Goals of Training
- 9:45- 10:15            Diabetes Overview  
*Participants will be able to:*
  - ♣ *Describe levels of diabetes in the country*
  - ♣ *Identify ethnic/racial differences in prevalence of diabetes*
  - ♣ *Describe association of diabetes epidemic with obesity*
- 10:15 to 11:00            DEEP Overview  
*Participants will:*
  - ♣ *Describe goals and objectives of the program*
  - ♣ *Describe the methodology and educational strategies applied throughout the course*
  - ♣ *Describe the curriculum content*[Activity: The Human Body and its organs](#)
- 11:00 to 11:15            Break
- 11:15 to 11:45            Adult Education and Facilitation Techniques  
[Activity: Body Bingo](#)  
*Participants will be able to:*
  - ♣ *Describe principles of adult education*
  - ♣ *Identify strategies to educate patients with diabetes*
  - ♣ *Identify strategies to implement Action Plans among participants.*
- 11:45 to 12:30            Motivating the Patient and the Action Plan  
*Participants will:*
  - ♣ *Describe the principles of motivational interviewing*
  - ♣ *Demonstrate the main strategies used in MI*
  - ♣ *Describe how to engage the patient in behavioral change using these strategies*
- 12:30 – 1:30            Lunch on Your Own

## Diabetes Empowerment Education Program (DEEP) Peer Educator Training

- 1:30 to 2:30      **Module 1: Understanding the Human Body**  
*Participants will be able to:*
- ♣ *Become familiar with materials used*
  - ♣ *Explain the anatomy and function of the main organs of the human body and their relation to diabetes, including health effects of tobacco*
  - ♣ *Implement teaching techniques for the study of the physiology using simple and inexpensive resources*
- 2:30 to 3:15      **Module 2: Understanding Diabetes and its Risk Factors**  
**Module 3: Monitoring Your Body**  
*Participants will be able to:*
- ♣ *Describe in simple terms the concept of diabetes and its types*
  - ♣ *Identify key numbers in the diagnosis and control of diabetes*
  - ♣ *Describe activities to prevent diabetes complication*
  - ♣ *Identify risk factors for diabetes*
  - ♣ *Describe tobacco as an independent risk factor for diabetes*
  - ♣ *Describe the modifiable risk factors to prevent diabetes and tobacco use*
  - ♣ *Describe importance of managing diabetes*
  - ♣ *Describe how to address medical questions that will come up in class*
- Activity: Risk Factors Puzzle and Sticky Hemoglobin
- 3:15 to 3:30      **Break**
- 3:30 to 4:30:      **Action Plan**  
Activity: Develop Your Action Plan; group activity: practice the use of open ended questions, affirmation, reflective listening and summarizing to help your partner create an action plan.
- 4:30–5:00      **Informal Evaluation and Closing**  
*Participants will:*
- ♣ *Summarize important information*
  - ♣ *Give feedback to the trainers*
- Activity: Fill out Informal Evaluations

**Proceed to following page for Day 2 →**

## Diabetes Empowerment Education Program (DEEP) Peer Educator Training DAY 2

- 9:00 to 9:20 Sign-In & Welcome
- 9:20 to 10:20 Reflection  
*Participants will:*
- ♣ *Review Action Plans and how to follow up on them*
  - ♣ *Share their feelings about information and issues identified on Day 1*
- 10:20 to 11:05 Module 4: Get Up and Move! Diabetes and Exercise  
*Participants will be able to:*
- ♣ *Describe the benefits of exercise*
  - ♣ *Identify the types of exercise appropriate for persons with diabetes*
  - ♣ *Demonstrate simple and fun physical activities that can be integrated into one's daily routine*
- [Activity: Chair Exercises](#)
- 11:05 to 11:15 Break
- 11:15 to 12:30 Module 5: Managing Diabetes through Nutrition  
*Participants will be able to:*
- ♣ *Identify major food groups and how different foods work in our body*
  - ♣ *Implement a simple exercise to read and interpret nutritional values from food labels*
  - ♣ *Recommend healthy eating following the food plate guide*
  - ♣ *Demonstrate recommended meal portions*
  - ♣ *Describe the main complications related to diabetes*
  - ♣ *Describe self-care activities to prevent diabetes complications*
  - ♣ *Describe tobacco related complications for people with diabetes*
- [Activity: Analyze Food Labels](#)
- 12:30 to 1:15 Lunch on Your Own
- 1:15 to 2:00 Module 6: Diabetes Complications: Identification & Prevention  
*Participants will be able to:*
- ♣ *Describe the main complications related to diabetes*
  - ♣ *Describe self-care activities to prevent diabetes complications*
  - ♣ *Describe tobacco related complications for people with diabetes*
  - ♣ *Use tools that provide visual examples of complications*
  - ♣ *Describe in simple terms the roles of the medical team members, specialists and other service providers*

## Diabetes Empowerment Education Program (DEEP) Peer Educator Training

- 2:00-2:45      **Module 7: Learning about Medications and Medical Care**  
*Participants will be able to:*
- ♣ *Correctly interpret A1C, blood pressure, and cholesterol values*
  - ♣ *Identify the different types of medications used to treat diabetes and its complications*
  - ♣ *Identify challenges and safety issues related to medication use*
  - ♣ *Provide information about how to be an active part of your health team*
- [Activity: Prescription Bottles](#)
- 2:45-3:30      **Module 8: Living with Diabetes: Mobilizing your Family & Friends**  
*Participants will be able to:*
- ♣ *Identify the impact of stress in the physiology and the mind including signs/symptoms of depression*
  - ♣ *Identify stressors associated with diabetes and tobacco cessation*
  - ♣ *Recommend strategies to cope with stress, depression and tobacco cessation*
  - ♣ *Graduation: requirements, ceremony, and raffle prizes*
- [Activity: Relaxation Activity](#)
- 3:30 to 3:45      **Break**
- 3:45 to 4:45      **Next Day Assignment and Task Preparation/ Criteria for Evaluation**  
*Participants will:*
- ♣ *Organize teams for group presentations*
  - ♣ *Review specific instructions on the content and procedures for presentations: apply principles of adult education and facilitation techniques in a culturally competent manner*
  - ♣ *Receive and prepare material for next day*
- 4:45 to 5:00      **Informal Evaluation/Post-test**  
*Participants will:*
- ♣ *Complete a post-test and evaluation survey*
- [Activity: Fill out Evaluations](#)

**Proceed to following page for Day 3 →**

## Diabetes Empowerment Education Program (DEEP) Peer Educator Training DAY 3

- 9:00 to 9:30 Preparation for Demonstrations
- 9:30 to 10:00 Welcome and Reflection  
*Activity: Physical Activity!*  
*Participants will have the opportunity to:*
- ♣ *Share feelings that emerged from information received on Day 2*
- 10:00 to 11:00 Participant Demonstrations (teach backs)
- 11:00 to 11:15 Break
- 11:15 to 12:15 Participant Demonstrations (teach backs)
- 12:15 to 1:00 Lunch on Your Own
- 1:00 to 1:45 Follow-up Plans for the EDC Program and DEEP
- ♣ *Alliant Quality will discuss what type of technical assistance is provided and/or data to be collected for follow-up activities*
  - ♣ *HIPPA*
  - ♣ *Information regarding certification*
- 1:45 – 2:30 Setting up a Class – Do’s and Don’ts and Lessons Learned  
*Participants will:*
- ♣ *Identify the main steps in the implementation of DEEP*
  - ♣ *Identify resources and conditions necessary to conduct the classes*
  - ♣ *Describe program evaluation components*
- 2:30 to 2:45 Break
- 2:45 – 3:30 Review
- ♣ *Review of all sessions and lesson plans Alliant Quality has used*
  - ♣ *Participants will have the opportunity to ask questions*
  - ♣ *Materials used and provided by Alliant Quality will be reviewed*
  - ♣ *Questions*
- 3:30 – 4:00 Final Evaluation, Closing, Class Picture  
*Participants will:*
- ♣ *Complete Memorandum of Understanding and associated paperwork*