



A Project Approach to Delivery: Meeting the needs of a new diabetes patient

The learner version of the Project Brief is available from <http://www.ocr.org.uk/qualifications/vocational-education-and-skills/cambridge-technicals-health-and-social-care-level-3-certificate-extended-certificate-foundation-diploma-diploma-05830-05833-2016-suite/>

Karen is 54 years old and has recently been feeling tired and losing weight; she is suffering from disturbed sleep, waking often in the night to use the toilet. Karen lives alone following the recent death of her husband. She has a diagnosis of anxiety disorder and is receiving both counselling and is on beta blocker medication, she has recently become vegetarian, as she feels that this will be a cheaper option as she is now on a limited income.

Following an appointment with her GP, who suspects she may have diabetes, she undergoes a range of blood tests to diagnose the condition. The blood tests are taken early morning following a period of fasting.

Upon receiving the diagnosis of diabetes Karen has had a number of appointments with her GP, the Diabetes team, however, she is struggling to understand her condition and the lifestyle changes she will need to implement to manage it.

You are working as a Health Care Assistant (HCA) in the diabetes clinic/GP surgery.

You have been asked to provide some support to Karen. You have been given 2 x 30 minute sessions to provide support to Karen. At these sessions you will be teaching

Karen how to monitor her own blood and support her to plan her meals as she becomes familiar with her condition.

In order to prepare for this you will be required to update your knowledge of elements of the following units.

You will be expected to:

- Develop an understanding of diabetes.
- Develop an understanding of anxiety disorder.
- Be able to explain a diet that would meet the needs of a diabetic.
- Be able to explain the adaptations to such a diet to meet the needs of a vegetarian.
- Support meal and menu planning on a budget.
- Explain the process of blood testing (finger prick) for a diabetic.
- Undertake finger prick testing adhering to good practice for health and safety and infection control.

This work can be undertaken as an individual or within a group. If working within a team learners are expected to contribute to each of the areas (and be able to evidence this contribution) in order to gain the experience and knowledge required to successfully complete the Cambridge Technicals in Health and Social Care units.