

Technology-enhanced Learning - Activity Plan

Name: Bernard Kikechi

Grade / Course: Know the Basics of *Diabetes 101*

Length of Activity: 60 minutes

Lesson Summary:

Students will be able to define diabetes and explain how diabetes develops. They will also discuss the common myths of diabetes in the Kenyan context. The purpose of this module is to equip the student with basic knowledge about diabetes and common myths.

Lesson Objective:

By the end of this module the student will be able to describe diabetes and outline the common myths.

Resources/Technology – Teacher

Training room, power source and projector

Video on role of insulin -

Simulation tools – insulin action and inaction

Resource person – clinician from a local health facility – Dr Kimani Mwangi – 35 years old

Case study on diabetes patients in Kenya – Case Study of Diabetes in Kakamega County Government Hospital

Diabetes Online Resources

- Video on the role of insulin --
https://drive.google.com/file/d/1EfSV27vKYwp8fa_iNaLRX0WpFwfSFQ_X/view?usp=sharing
- Diabetes Myths debunked
https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=4&cad=rja&uact=8&ved=0ahUKEwje1rS8yvzXAhXHtBQKHVWnChYQFgg_MAM&url=https%3A%2F%2Fwww.healthline.com%2Fhealth%2Ftype-2-diabetes%2Fmyths-and-misconceptions&usg=AOvVaw2IYXVyA-WXWxCH69sNDz9m

Resources/Technology – Students

Computer Lab or Student Laptop setting

Learning Materials

Working internet

A role play on diabetes patient and clinician

Diabetes Online Resources

- <https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=2&cad=rja&uact=8&ved=0ahUKEwiewy->

[mny_zXAhXQERQKHdmUCAQQFggyMAE&url=https%3A%2F%2Fwww.diabetesresearch.org%2Fwhat-is-diabetes&usg=AOvVaw37k3mh4sa-nfrAiqzS0i15](https://www.diabetesresearch.org/what-is-diabetes&usg=AOvVaw37k3mh4sa-nfrAiqzS0i15)
'What is diabetes'

- <https://www.google.com/imgres?imgurl=http%3A%2F%2Fusmle.biochemistryformedics.com%2Fwp-content%2Fuploads%2FMechanism-of-insulin-action.png&imgrefurl=http%3A%2F%2Fusmle.biochemistryformedics.com%2Fmechanism-of-action-of-insulin%2F&docid=bfWyjw8etYYkM&tbnid=L61j1YuMhMNCNM%3A&vet=10ahUKEwj6kfCBzPzXAhWGvhQKHWRB5UQMwgmKAEwAQ..i&w=690&h=371&bih=604&biw=1252&q=insulin%20in%20action&ved=0ahUKEwj6kfCBzPzXAhWGvhQKHWRB5UQMwgmKAEwAQ&iact=src&uact=8> 'Insulin in action or insufficient insulin'

Intended Curriculum Learning Outcomes

By the end of the module the students will be able to:

- Describe how the lack of insulin and insulin inaction causes diabetes.
- Determine the signs and symptoms of diabetes that might cause a person to visit a health facility for proper diagnosis.
- Evaluate the community myths of diabetes and how they affect the management of diabetes

Instructional Activities

Teacher will provide a brief review and background of diabetes in Kenya and the counties where it is most prominent. A case on why non-communicable diseases (NCDs) for example diabetes are on the rise will also be presented. Teacher will then probe the subject further by asking 'stop and check' questions to gain student's knowledge on the common myths of diabetes in the community. Instructions on how diabetes develops and the signs and symptoms will be given. 25 minutes.

Students are given time to watch the video on the role of insulin and summarise key messages (20 minutes)

Students listen to a resource person and given a chance to ask questions (20 minutes)

Learner Assessment

Students will using the lock and key concept to explain how diabetes Type 1 and Type 2 develops.

Type 1 and Type 2 diabetes

Name: _____

Date: _____

Explain how Type 1 occurs



Type 1 diabetes



Insulin

Explain how Type 1 occurs



Type 2 diabetes



Insulin