

Using the 7 Circles of Health and Well-being for Diabetes Self- Management Education

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Hannahville Indian Community

Objectives

- Participants will be able to describe multiple factors that impact self-management of diabetes.
- Participants will be able to identify ways to incorporate the 7 Circles of Health and Well-being in diabetes education.

Hannahville Indian Community





7 Circles Conceptualization

- **Presentation: Well for Culture-Chelsey Luger and Thosh Collins**
 - <https://www.wellforculture.com/>
 - Framework for 7 Circles of Wellness
- **Bemidji Area Health and Wellness Coaches**
 - Opportunity to bridge the gap between culture and clinical education
 - Individual experience and knowledge
 - Dynamic



Self-Care Behaviors vs. 7 Circles

- Healthy Eating
- Being Active
- Taking Medication
- Monitoring
- Problem Solving
- Healthy Coping
- Reducing Risks
- Food
- Being in Motion
- Balance
- Awareness
- Relationships
- Culture/Traditions
- Sleep

Assessment

Awareness:

- Blood pressure, A1c, eye exam, foot exam, dental exam, flu shot, pneumonia shot, commercial tobacco use, self-monitoring

Food:

- Supplements, grocery shopping, food security, meal preparation, label reading, meal patterns

Assessment, continued

Being in Motion:

- Activity level, limitations

Sleep:

- How much? Shift work? Nocturia?

Balance:

- Stress management, financial burden?, diabetes medications, hypoglycemia, target glucose range

Assessment, continued

Relationships:

- Support for health/diabetes

Culture and Traditions:

- Traditional medicines, healer, ceremonies, language

Education Plan and Goals:

- AADE7 Self-Care Behaviors Tracking Tool



Patient Name _____

Addressograph/Stamp Area

Goal Setting		Follow Up		Goal Review	
Date	Goal	Date Achievement		Documentation	
Date	<input type="checkbox"/> Healthy Eating <input type="checkbox"/> Make better food choices <input type="checkbox"/> Reduce portion size <input type="checkbox"/> Follow meal plan Goal individualization: _____	Date	Achieved	<input type="checkbox"/> Achieved	<input type="checkbox"/> Continued <input type="checkbox"/> Modified
		<input type="checkbox"/> 1 mo. <input type="checkbox"/> 3 mo. <input type="checkbox"/> 6 mo. <input type="checkbox"/> 12 mo.	Rate 0-10 _____	_____ _____ _____	
Date	<input type="checkbox"/> Being Active <input type="checkbox"/> Exercise longer <input type="checkbox"/> Exercise more often <input type="checkbox"/> Follow exercise plan Goal individualization: _____	Date	Achieved	<input type="checkbox"/> Achieved	<input type="checkbox"/> Continued <input type="checkbox"/> Modified
		<input type="checkbox"/> 1 mo. <input type="checkbox"/> 3 mo. <input type="checkbox"/> 6 mo. <input type="checkbox"/> 12 mo.	Rate 0-10 _____	_____ _____ _____	
Date	<input type="checkbox"/> Monitoring <input type="checkbox"/> Follow monitoring schedule <input type="checkbox"/> Monitor more often <input type="checkbox"/> Monitor health status Goal individualization: _____	Date	Achieved	<input type="checkbox"/> Achieved	<input type="checkbox"/> Continued <input type="checkbox"/> Modified
		<input type="checkbox"/> 1 mo. <input type="checkbox"/> 3 mo. <input type="checkbox"/> 6 mo. <input type="checkbox"/> 12 mo.	Rate 0-10 _____	_____ _____ _____	
Date	<input type="checkbox"/> Taking Medication <input type="checkbox"/> Increase taking medications on time <input type="checkbox"/> Miss fewer medications <input type="checkbox"/> Take medications as prescribed Goal individualization: _____	Date	Achieved	<input type="checkbox"/> Achieved	<input type="checkbox"/> Continued <input type="checkbox"/> Modified
		<input type="checkbox"/> 1 mo. <input type="checkbox"/> 3 mo. <input type="checkbox"/> 6 mo. <input type="checkbox"/> 12 mo.	Rate 0-10 _____	_____ _____ _____	
Date	<input type="checkbox"/> Problem Solving <input type="checkbox"/> Identify potential problems <input type="checkbox"/> Plan problem situation treatment <input type="checkbox"/> Prevent problem situations Goal individualization: _____	Date	Achieved	<input type="checkbox"/> Achieved	<input type="checkbox"/> Continued <input type="checkbox"/> Modified
		<input type="checkbox"/> 1 mo. <input type="checkbox"/> 3 mo. <input type="checkbox"/> 6 mo. <input type="checkbox"/> 12 mo.	Rate 0-10 _____	_____ _____ _____	
Date	<input type="checkbox"/> Healthy Coping <input type="checkbox"/> Cope with diagnosis of disease <input type="checkbox"/> Adapt to lifestyle changes <input type="checkbox"/> Get support from family/friends Goal individualization: _____	Date	Achieved	<input type="checkbox"/> Achieved	<input type="checkbox"/> Continued <input type="checkbox"/> Modified
		<input type="checkbox"/> 1 mo. <input type="checkbox"/> 3 mo. <input type="checkbox"/> 6 mo. <input type="checkbox"/> 12 mo.	Rate 0-10 _____	_____ _____ _____	
Date	<input type="checkbox"/> Reducing Risks <input type="checkbox"/> Stop smoking <input type="checkbox"/> Get health checkups <input type="checkbox"/> Perform daily self care activities Goal individualization: _____	Date	Achieved	<input type="checkbox"/> Achieved	<input type="checkbox"/> Continued <input type="checkbox"/> Modified
		<input type="checkbox"/> 1 mo. <input type="checkbox"/> 3 mo. <input type="checkbox"/> 6 mo. <input type="checkbox"/> 12 mo.	Rate 0-10 _____	_____ _____ _____	

Diabetes Educator Name and Initials:
 Name: _____ Initial: _____
 Name: _____ Initial: _____

Name: _____ Initial: _____
 Name: _____ Initial: _____



Session 1: Awareness

- Stage of Change? What circle is something you want to improve upon?
- What is diabetes? What type do you have?
- Pathophysiology of diabetes
- Self-monitoring
- Risk reduction: What are the complications of diabetes?

Session 1: Sleep

Are you getting enough sleep?

- May impact blood sugar directly
 - Arora T, Taheri S. Sleep Optimization and Diabetes Control: A Review of the Literature. *Diabetes Ther.* 2015;6(4):425–468. doi:10.1007/s13300-015-0141-z
- Impact blood sugars indirectly?

Session 1: Sleep

Healthy Sleep Hygiene:

- Consistent schedule/routine
- Set bedtime to get 7-8 hours of sleep
- Reduce exposure to screens and bright lights
- Don't eat large meal before bed
- Avoid caffeine for ~6 hours before bed
- Get physical activity
- Reduce fluid intake before bed
- Keep bedroom temperature cool



Session 2: Food

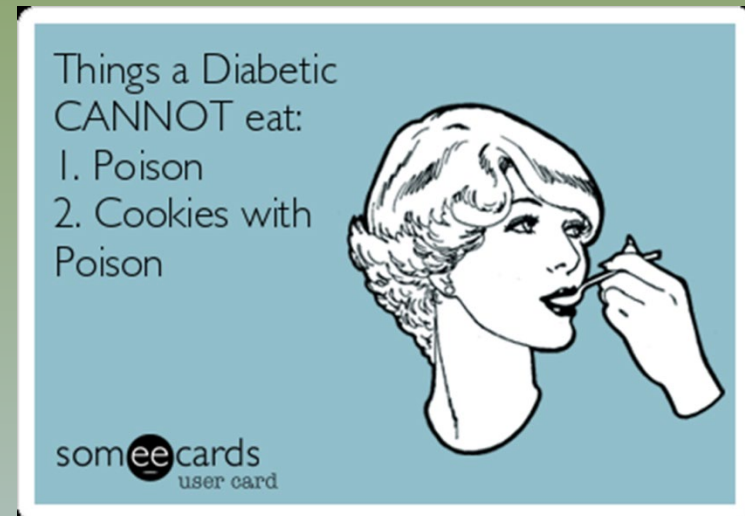
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“Resistance training is just as important as cardio. Train yourself to resist chocolate, pastries, fried foods, beer, pizza....”

Session 2: Food

- Gentle nutrition recommendations
- Making peace with food
- Mindfulness
- Removing distractions
- Food/body awareness
- Adding rather than limiting
- How food impacts glucose/energy levels



Session 2: Balance

- Work/life/family/diabetes management
- What are your barriers to optimal diabetes management?
- Time-management
- Medications (Diabetes Forecast-comprehensive list)
- Hyperglycemia/hypoglycemia treatment

Session 3: Being in Motion

- Exploring new ways of getting physical activity
- Interactive demonstration



Problem solving: Overall barriers to wellness, dealing with blood sugar issues, patterns, complications



Session 4: Relationships

- Improved health and longevity
- Better glucose level regulation
- Decreased inflammation
- Fewer cancers
- Less risk for Alzheimer's
- Improved CHD – fewer cardiovascular events
- Improved blood pressure control
- Better immune function



- Who supports you?
 - In what areas do you feel well-supported?
 - What areas are lacking support?
- Who do you support?
 - Happiness isn't only gained by having support, but by providing support as well (Brown, et al)
 - How can you help?

Relationships

- With whom do you best connect?
- Are you connecting with like-minded individuals?
- Are you having positive connections?
 - Prioritize the relationship
 - Mindful
 - Present and uninterrupted
 - Listening carefully
 - Responding in encouraging ways

Session 4: Culture and Traditions

- How does your culture and identity impact your health?
- What are some teachings that relate to health?
- Traditions that are important to them?
- Share your story
- Traditional healer experience?

Session 4: Wrap-up

- Healthy Coping: Dealing with the emotions that come with managing diabetes
 - Tie-in with relationships, culture, motion, stress, etc.
- Self-Management Support: Community resources, plans for follow-up
- Goal Review
- Outcomes: A1c 8.08%→7.2%



Questions?

Thank you!