



AADE7 SELF-CARE BEHAVIORS®

PROBLEM SOLVING

What do you do when you have a problem like low blood glucose (sugar), also called hypoglycemia? Do you know what caused it? How can you help reduce the risk of it happening in the future?

Everyone encounters problems when managing their diabetes; you can't plan for every situation you may face. However, there are some problem-solving skills that can help you prepare for the unexpected—and make a plan for dealing with similar problems in the future.

Some of the most important problem-solving skills for diabetes self-care are learning how to recognize and react to high and low blood glucose levels and learning how to manage on days when you are sick.

Your diabetes educator can help you develop the skills to identify situations that could make diabetes management more difficult.

DID YOU KNOW?

Skipping meals and snacks, taking too much diabetes medication, engaging in physical activity and drinking too much alcohol can all cause you to experience low blood glucose problems.

TRUE OR FALSE?

Nobody has perfect diabetes management.

TRUE. You are not perfect—no one is. There WILL be problems and challenges. The important thing is to learn from each situation—what caused your blood glucose to go above or below target, and what you can do to improve your diabetes self-care.



Word Wall

HYPOGLYCEMIA:

Low blood glucose

HYPERGLYCEMIA:

High blood glucose

GOAL SETTING:

Choosing a specific task or activity that you want to achieve and making a plan to get there



QUICK TIPS

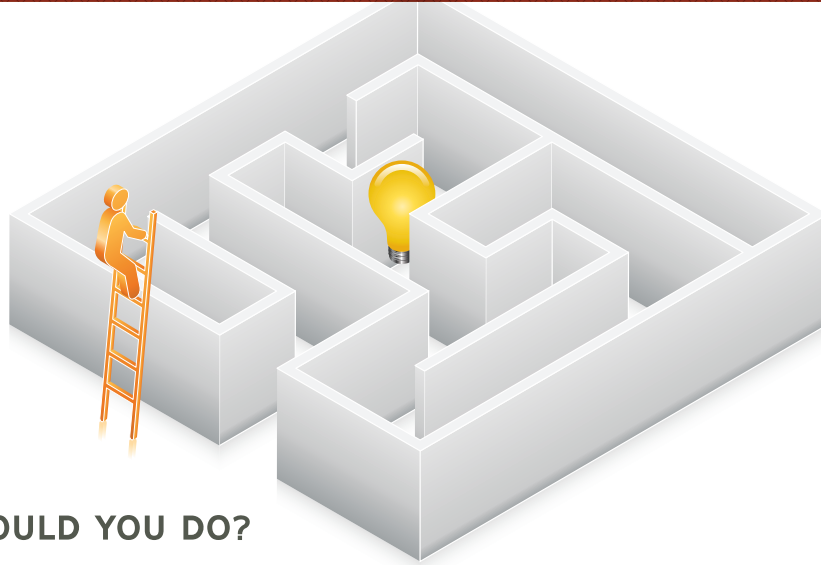
Do not go more than 5 hours without eating during your waking hours.

Limit your alcohol consumption. Learn how it interacts with your medications and how it affects your blood glucose. When you do drink alcoholic beverages, don't drink on an empty stomach.

When you do have a problem managing your diabetes, don't beat yourself up over it—solve it and learn from it! Talk to your healthcare provider—they can help you come up with solutions.



ACTIVITIES



WHAT WOULD YOU DO?

Think about how the following situations may affect you—and about what steps you could take to better manage your diabetes in similar situations.

You get the flu and notice that your blood glucose levels are higher than normal. What do you do?

While on vacation, you don't have easy access to a gym or time for exercise. How will you handle this?

You have a hard time finding healthy food choices within your family's cultural or taste preferences. What steps can you take?

Is there something you've been struggling with in your diabetes care? What is it?

Why do you think this is a problem? When does it occur?

Name two things you can do to fix it.

What can you do to prevent it from happening in the future?

