

Potluck Puzzles™

Discussion Books™ Can Help Patients and Providers

I. Patient & Provider Benefits

A. Knowledge Assessment:

- 1) Assess the diabetes and nutrition knowledge base of newly diagnosed patients.
 - a) Use Discussion Books™ as a handout after your first appointment to have the patient complete before their next appointment.
 - b) The non-threatening look of the Discussion Book™ will give the patient some comfort in tackling their new situation.
 - c) Reviewing the Discussion Book™ with the patient on their second appointment will reinforce the topics discussed in the first appointment and will help determine which topics still need to be emphasized.
- 2) Assess the patients knowledge of a topic you presented by using a specific puzzle from a Discussion Book™ on that topic. Example; after a presentation on carbohydrates, use puzzle #1 in *What Can I Eat?* to evaluate if a patient can determine what types of foods contain carbohydrates.

Situational Examples:

- A patient with poor communication skills.
 - A patient with English as a second language.
 - A patient who replies “yes” every time you ask if they understand, but you are not certain if the truly understand the material covered.
- 3) Assess the success of your classes. Do the class members understand essential diabetes and nutrition concepts? Use Discussion Books™ during or at end of class for review.

B. Promote Patient Involvement:

Discussion Books™ will encourage patients to ask about and reflect on common misconceptions about diabetes and nutrition.

Examples:

- Are carrots high in sugar?
- Is there fiber in steak?
- Is a chocolate bar a good treatment for a low blood sugar?
- Why is “sexuality” pertinent to diabetes?

C. Increase Patient Confidence:

Discussion Books™ will promote higher self-esteem and confidence in your patients. After following your healthcare instructions, patients should be able to fill out the puzzle books correctly; making them feel empowered.

II. Situational Examples How Potluck Puzzle Discussion Book™ Are Used

A. Support Groups:

Discussion Books™ will initiate conversation, discussion and questions in a support group setting. Discussion Books™ may also be a fun, interactive teaching tool for the people in the support group to share with family and friends.

B. For Low Literacy Patients:

Potluck Puzzle Discussion Books™ have great pictures to help address and learn important diabetes topics.

C. For Patients Who Have Heard It All Before:

Patients that have been diagnosed and treated for years, the Discussion Books™ will provide a fun challenge and help the provider and patient target what topics need a refresher.

D. Something New For The Inpatient With Diabetes:

Create some new dialogue with your inpatient during meal rounds. Assign a puzzle or two to the inpatient and explain that you will return in the afternoon for a teaching session to discuss the puzzle topics.

E. Diabetes Classes:

Discussion Books™ are a great educational class activity.

Other Possible Uses for Potluck Puzzle Discussion Books™:

- 1) For parents to explain to their child what they need to be aware of to prevent them from getting diabetes.
- 2) For parents with diabetes to use with their children to explain their diagnosis.
- 3) Great way to introduce living with diabetes to your friends and family; your child's friends and their families.
- 4) Great giveaways for a conference (can personalize with purchases over 10,000).
- 5) Great for National Diabetes Month promotional materials.
- 6) Great for community awareness programs/events.
- 7) Great as a gift or a gift shop/store item