Unit Title	**Diabetes Awareness**
Ofqual unit reference number	Y/617/1737
Organisation Reference	QU066543
Unit Level	Level 3
Unit Sub Level	None
GLH	46
Unit Credit Value	6
Sector Subject Areas	1.3 Health and Social Care
Assessment Guidance	This unit must be assessed in line with the relevant Assessment Principles.

LEARNING OUTCOMES	**ASSESSMENT CRITERIA**
The learner will:	**The learner can:**
1. Understand diabetes and its associated implications.	1.1. Define diabetes. 1.2. Describe possible key long-term complications to health as a result of having diabetes. 1.3. Explain what is meant by the term hyperglycaemia. 1.4. Explain the procedure of referring an individual with diabetes to others.
2. Know the most common types of diabetes and their causes.	2.1. Describe key features of Type 1 diabetes. 2.2. Describe key features of Type 2 diabetes. 2.3. Describe the most common causes of diabetes • Type 1 • Type 2 2.4. Describe the likely signs and symptoms of diabetes. 2.5. Outline contributing risk factors that may lead to the development of Type 2 diabetes.
	3.1. Define person-centred support.

3. Understand how to implement a person-centred approach when supporting individuals with diabetes.	3.2. Explain the importance of using individualised care plans to support individuals with diabetes. 3.3. Explain the care pathway for the individual with newly diagnosed Type 2 diabetes. 3.4. Explain what self-care skills are. 3.5. Explain how to work with an individual, and or their carer, to optimise self-care skills. 3.6. Explain the importance of supporting individuals to make informed decisions.
4. Understand the nutritional needs of individuals with diabetes.	4.1. Explain the principles of a balanced diet. 4.2. Analyse how different carbohydrates affect blood glucose level. 4.3. Explain the role of the nutritional plan and how to report any related problems.
5. Understand factors relating to an individual's experience of diabetes.	5.1. Describe how different individuals may experience living with diabetes. 5.2. Explain the impact that the attitudes and behaviours of others may have on an individual with diabetes. 5.3. Explain how an individual can manage their diabetes through different aspects of their lifestyle.
6. Understand the importance of monitoring diabetes.	6.1. Explain the importance of accurately measuring blood pressure when supporting individuals with diabetes. 6.2. Identify the normal parameters for blood pressure. 6.3. Explain the purpose of accurate blood glucose monitoring for individuals with diabetes. 6.4. State the normal blood glucose range. 6.5. Explain the purpose of accurate urine monitoring for individuals with diabetes. 6.6. Describe the annual review checks needed to screen for long term complications.
7. Understand the links between diabetes and other conditions.	7.1. Explain the links between diabetes and: • Dementia • Depression.

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