

Ideabetes Body Apron*

*Concept by Virginia Valentine RN, MS, CDE

Diabetes Educator must supply the Imagination!

MEDICATIONS: what the letters stand for &
where to put them!

A - Acarbose - Place on Intestines

(? glucosidase - includes Miglitol)

I - Insulin - Pancreas (? insulin output)

Muscle (? glucose uptake)

Liver (? glucose output)

M - Metformin - Liver (? glucose output)

R - Repaglinide - Pancreas (? Insulin)

(also nataglinide)

S - Sulfonylurea - Pancreas (? Insulin)

T - Thiazolidinedione - Muscle (? glucose uptake)

(glitazone)

White Balls - Glucose

IDEABETES –Creative Teaching Tools for Diabetes Educators

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Suggested Text:

FOOD: Use the banana to demonstrate how when food is eaten it changes into glucose. Pantomime eating the banana; sliding it down the esophagus into the stomach. When in the stomach, remove the banana and replace with a glucose ball.

NERVE: Place a glucose ball on the cover of the nerve. The nerve is covered by a myelin sheath. High levels of glucose erode the myelin sheath (slide up the cover on the nerve). As the myelin sheath is eroded away the nerves touch and “cross wires” resulting in numbing and tingling. *REVERSIBLE*. You can get blood sugar (Remove the glucose ball from the cover of the nerve and pull cover down) as near normal as possible. May take as long as 6 - 18 months to replace the Myelin sheath.

KIDNEYS: Use small mesh canvas to demonstrate how the kidney holds onto the protein. Now, using the large mesh canvas to demonstrate how protein slips through and out into the urine. *REVERSIBLE*. The patient may need to be started on an ACE inhibitor, or ARB, even if B/P is below 130/80; improve glucose control; and consider referring to a dietitian to review ways to lower protein intake.

WASHING INSTRUCTIONS: Wash the apron on delicate cycle. Drip Dry on a plastic hanger. **DO NOT DRY IN DRYER**. Place the separate body parts in a mesh bag to wash. Special care with the Velcro.