

Understanding Conversation Maps for Diabetes Education

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Understanding the concept of Diabetes Conversation Maps for educating patients

- A Conversation Map is a series of images and metaphors on a 3 feet (.91 meters) by 5 feet (1.52 meters) tabletop display.
- It serves as a facilitation tool for healthcare professionals to use to engage groups of participants in conversations around a healthcare topic such as diabetes, heart health or obesity.

The Conversation Map Visual

- Creates a "common mental model" or picture for all participants to learn from and discuss.

How is a Conversation Map Used?

- The healthcare professional places the Conversation Map on a tabletop and sits around the table with participants.
- The healthcare professional uses the facilitator's guide to help navigate through the Conversation Map.
- The healthcare professional engages 3-10 participants in interactive activities that identify facts and myths around the healthcare topic and uncover information on key topics related to the health condition.

What Makes Conversation Maps Work?

- The Conversation Maps are designed to transform health education.
- Health educators use the tools to engage patients in conversations that facilitate discovery learning which lead to patients identifying and making behavior changes.

How Do Conversation Maps fit into Healthcare Education?

- Healthcare professionals that deliver education to participants can use conversation Maps.
- Conversation Maps can be used by any healthcare professional and each Conversation Map takes about 60 to 120 minutes to go through.

The Conversation Map Visual

- creates a "common mental model" or picture for all participants to learn from and discuss. It is a 3' by 5' colorful picture or metaphor that the **GROUP** will focus on and navigate during the session.

The Maps

- On the Road to Better Managing Your Diabetes
- Continuing Your Journey with Diabetes
- Diabetes and Healthy Eating
- Monitoring Your Blood Glucose
- Caring for Gestational Diabetes

The Conversation Map Cards

- Are used to bring additional information and engagement to the sessions.
- Provide for a "game-like" feel and help engage participants in the learning process.

The Conversation Questions

- Are read by the facilitator and serve as the "instructions" for the Map session.
- Have been focus group tested to ensure certain topics are discussed, but the questions are intended to be flexible so all groups can navigate the process and benefit from the session.
- Prompt participants to discuss a variety of topics at various points throughout the session.

A Group of at least 3 and not more than 10

- Will allow the participants to learn from one another, but not too many participants that it becomes a real challenge to facilitate or to allow everyone to participate.
- Should be enough to allow all to learn from the group experience at the same time while participating in the learning with "hands on" doing.

The Facilitator

- Is not the typical lecturer or teacher.
- Uses the materials to guide the group conversation and engage the participants in a process or exploration and learning.
- Must create a non-threatening environment in which participants can learn from the materials presented, from one another and from the facilitator.

The Conversations Map sessions

- May appear different than other sessions you have led or attended previously.
- Are designed to be fun, interactive, engaging and full of learning no matter who participates.

The Action Plan or Goal Setting

- Is an important aspect of the Conversation Maps in providing participants with a process by which they can plan changes in their decision-making and behaviors.
- May be the catalyst for better diabetes management, while for others it may provide a starting point to experiment.

Goal Setting

- Long-term goal
- Short-term goal
- Action Plan
- Support Network (What is needed from the support network to accomplish the goals)

Diabetes and Healthy Eating Conversation Map

- Is laid on the table.
- Takes about 2 hours to cover.

Diabetes and Healthy Eating Conversation Map Facilitator Guide

- Leads the facilitator through the Conversation Map process to introduce participants to the map and the session.
- Assists the facilitator in guiding the participants to the visuals on the map and how the map flows to describe how nutrition, healthy eating and diabetes are connected.

Diabetes and Healthy Eating Conversation Map Facilitator Guide (cont.)

- Allows the facilitator to direct the correct placement of the cards onto the conversation map.

Sections of the Diabetes and Healthy Eating Conversation Map

- Introduction
- Understanding diabetes
- Feelings about food
- Some food basics and what you eat
- How much you eat
- When you eat
- Strategies for healthy eating
- Food challenges and planning
- Going for your goal and support network
- Conclusion

Diabetes and Healthy Eating Conversation Map Cards

- Conversation Topic Card for the Diabetes and Healthy Eating Conversation Map
- Defining the Nutrient Cards
- Some Ways To Eat Less Cards

Read Cards

Visuals of the Diabetes and Healthy Eating Conversation Map

- Feelings about food
- How much you eat
- Meal Planning
- What you eat
- Challenges you might face
 - Eating alone
 - Sick days
 - Sporting events
 - Dinner parties
 - Family celebrations

Visuals of the Diabetes and Healthy Eating Conversation Map (cont.)

- Eating out
- Alcohol
- When to eat
- Nutrition facts

Conversation Map Resources

- Participants are directed to the Healthy Interactions web site to log in by setting up an account to receive additional education resources

To become a Conversation Maps facilitator

- Go to <http://www.healthyi.com/>
- Register for one of the Health Care Professionals training sessions


