Learner’s Evidence

Tracking Log

**NCFE CACHE Level 2 Certificate in Understanding the Care and Management of Diabetes (600/9311/0)**

**Statement of authenticity**

Learner name:

Centre number:

Centre name:

**Signatures**

Learner: Date:

Tutor/Assessor: Date:

**Understand diabetes (T/505/1143)**

**You will:**

Understand the function of glucose in the blood

**You can:**

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| **1.1 Explain what ‘blood glucose’ is** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.2 Describe the difference between simple and complex carbohydrates** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.3 Define the terms:*** glycaemia
* hypoglycaemia
* hyperglycaemia
 |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.4 Describe the pre-diabetic states** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Understand diabetes (T/505/1143) (cont’d)**

**You will:**

Understand the function of insulin in the blood

**You can:**

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| **2.1 Describe how insulin is produced in the body** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **2.2 Explain how insulin affects blood glucose levels** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **2.3 Describe what is meant by ‘insulin resistant’** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand the different forms and causes of diabetes

**You can:**

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| **3.1 Describe what is meant by the term ‘diabetes’** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Understand diabetes (T/505/1143) (cont’d)**

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| **3.2 Outline the key features of Type 1 diabetes** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **3.3 Outline the key features of Type 2 diabetes** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **3.4 Explain the causes of Type 1 and Type 2 diabetes**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **3.5 Explain how gestational diabetes occurs** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **3.6 Identify the prevalence of different forms of diabetes**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Understand diabetes (T/505/1143) (cont’d)**

**You will:**

Know the risk factors for developing Type 2 diabetes

**You can:**

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| **4.1 Identify risk factors associated with the development of Type 2 diabetes**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **4.2 Describe ways that individuals can reduce their risk of developing Type 2 diabetes** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand how diabetes is confirmed

**You can:**

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| **5.1 Describe the likely signs and symptoms of diabetes**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **5.2 Identify methods of assessing individuals at risk of Type 2 diabetes** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Understand diabetes (T/505/1143) (cont’d)**

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| **5.3 Outline the process of screening for diabetes**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Prevention and early intervention of Type 2 diabetes (A/505/1144)**

**You will:**

Understand factors relating to the prevention of Type 2 diabetes

**You can:**

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| **1.1 Explain ways to prevent or delay the onset of Type 2 diabetes** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.2 Identify the tests available for monitoring individuals at risk of developing Type 2 diabetes** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.3 Explain why frequent monitoring tests should be undertaken**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand how diet, exercise and lifestyle affect Type 2 diabetes

**You can:**

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| **2.1 Explain the importance of a balanced diet for people with Type 2 diabetes** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Prevention and early intervention of Type 2 diabetes (A/505/1144) (cont’d)**

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| **2.2 Explain how carbohydrates affect blood glucose levels** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **2.3 Outline the importance of a carbohydrate-controlled diet in preventing prolonged raised blood glucose levels** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **2.4 Explain the importance of weight management for people with Type 2 diabetes** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **2.5 Explain how exercise lowers blood glucose levels** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **2.6 Explain how the following can affect diabetes:*** smoking
* alcohol
* substance use
* a sedentary lifestyle
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| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Understand the initial care of diabetes (R/505/1148)**

**You will:**

Understand the social impact of diabetes

**You can:**

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| **1.1 Describe how the experience of living with diabetes affects individuals in different ways** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.2 Describe how the attitudes and behaviour of others may impact on an individual with diabetes** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.3 Give examples of ways to improve social attitudes towards people with diabetes** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.4 Identify the legal rights of individuals with diabetes**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Understand the initial care of diabetes (R/505/1148) (cont’d)**

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| **1.5 Identify how the law relates to drivers who have diabetes**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.6 Explain why individuals who have diabetes should inform their employer**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand how to work with individuals to manage diabetes

**You can:**

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| **2.1 Explain the importance of a person-centred approach when working with an individual with diabetes** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **2.2 Describe how to support individuals to make informed decisions about managing their condition**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Understand the initial care of diabetes (R/505/1148) (cont’d)**

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| **2.3 Describe how to work with individuals to develop self-care skills for managing diabetes**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **2.4 Outline the advice given to individuals with diabetes in relation to:*** nutrition
* exercise
* lifestyle
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| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **2.5 Describe the additional support individuals can access to help self-management of diabetes**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Know how diabetes is monitored

**You can:**

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| **3.1 Identify the normal range for:*** blood glucose
* blood pressure
 |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Understand the initial care of diabetes (R/505/1148) (cont’d)**

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| **3.2 Explain the importance of accurate monitoring of:*** blood glucose
* urine
* blood pressure
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| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **3.3 Identify the equipment and tests used for monitoring diabetes** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **3.4 Describe the requirements for recording and reporting of diabetes monitoring activity**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **3.5 Explain how individuals can be encouraged to contribute to the monitoring process**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Understand the treatment and management of diabetes (L/505/1147)**

**You will:**

Understand how diabetes is treated

**You can:**

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| **1.1 Outline the care pathway for diabetes** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.2 Describe the different types of medication used to treat Type 1 and Type 2 diabetes** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.3 Describe the importance of diet and exercise for optimising blood glucose levels**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.4 Identify how different forms of treatment can impact on an individual’s daily life** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Understand the treatment and management of diabetes (L/505/1147) (cont’d)**

**You will:**

Know the treatment for hypoglycaemia

**You can:**

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| **2.1 Identify common causes of hypoglycaemia** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **2.2 Outline the signs and symptoms of hypoglycaemia** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **2.3 Identify how hypoglycaemia is confirmed in an emergency**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **2.4 Describe the action to take if an individual has hypoglycaemia** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Understand the treatment and management of diabetes (L/505/1147) (cont’d)**

**You will:**

Know the treatment for hyperglycaemia

**You can:**

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| **3.1 Identify possible causes of hyperglycaemia** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **3.2 Outline the signs and symptoms of hyperglycaemia** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **3.3 Describe what action to take if an individual has hyperglycaemia**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand the complications that can occur as a result of having diabetes

**You can:**

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| **4.1 Outline how stress and illness affects blood glucose** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Understand the treatment and management of diabetes (L/505/1147) (cont’d)**

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| **4.2 Identify what is meant by diabetic ketoacidosis** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **4.3 Describe a range of complications associated with diabetes** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **4.4 Explain the links between diabetes and:*** cardiovascular disease
* dementia
* depression
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| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **4.5 Outline the long-term health consequences of developing Type 2 diabetes** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Understand the treatment and management of diabetes (L/505/1147) (cont’d)**

**You will:**

Understand ways to prevent or detect complications associated with diabetes

**You can:**

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| **5.1 Suggest ways to prevent illness infection**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **5.2 Identify how regular monitoring can help to prevent complications**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **5.3 Outline the regular screening process used for early detection of long-term complications** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **5.4 Explain the importance of foot care for people with diabetes**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **5.5 Describe the need for pre-pregnancy planning for those with diabetes**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Understand the treatment and management of diabetes (L/505/1147) (cont’d)**

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| **5.6 Explain the importance of optimising blood glucose levels during pregnancy**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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