

Tips for Engaging DSMES

Teach to Every Learning Style



About Our Program

We are a hospital-based, multi-site program serving a mix of Hispanic and Black/African American individuals, with the majority being 40-60 years of age.

Adapt Your Teaching for Telehealth

We always include VARK principles in our sessions – visual, auditory, reading and kinesthetic (tactile) learning approaches – to **accommodate different learning styles**. The strategies that work in a face-to-face classroom may not work on a virtual platform. These principles can be adapted to be presented virtually and meet the learning needs of your participants.

Encourage participants to gather supplies that might be good visuals for your class and utilize them to enhance education. For example, participants could bring their glucose meter, medications, commonly consumed meals, measuring cups (if available), food labels, etc. You can also encourage family members/caregivers who assist individuals with diabetes management to attend the class.

Maintain eye contact with individuals (computer camera) to appear more engaged (even with interpreters). Use an energized tone of voice and ask questions/seek experiences from the group during the class to **promote active participation**.

Speak clearly, at a slower pace and with fewer words if possible. If you need to show someone a word that isn't on a slide or someone needs clarification (brand, medication, etc), you can **use the chat feature**. Be more thoughtful with language since it can be difficult for sarcasm, humor, etc to come across when teaching virtually.

For additional tips, visit
DiabetesEducator.org/EngagingDSMES.

