

## SFHDiabCYP01

### Identify symptoms of diabetes in a child or young person and refer them for further assessment



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#### Overview

This standard covers identifying symptoms of diabetes in a child or young person, and either referring them to a suitably qualified healthcare professional for further assessment and diagnosis, or advising them and their family on what action they should take to seek such an assessment. The setting in which you identify the symptoms might include the child/young person's home, community settings, day centres, surgeries, pharmacies, mobile assessment centres and hospitals. The child/young person or their parents may have specifically sought your advice about their symptoms. Actions you may take after assessing the child/young person could include advising them to contact their GP, or referring them to another qualified health professional for further investigations. The need for them to do so may be urgent, particularly if their blood glucose levels are high, or if they have other symptoms of Type 1 diabetes. In carrying out the activities described in this standard, you should also be aware of the continuous need to protect children and young people from harm and abuse, and to create environments that protect them from harm and abuse.

Users of this standard will need to ensure that practice reflects up to date information and policies.

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### Performance criteria

*You must be able to:*

- P1 communicate with the child or young person and those involved in their care in a way that is appropriate to their age, understanding and preference, and also recognising the stressful nature of a potential diagnosis of diabetes
- P2 ask the child/young person to explain their condition in their own words, if possible, or obtain the story from anyone who is accompanying them
- P3 ask appropriate questions that will enable you to assess whether the child/young person may have developed diabetes
- P4 explain clearly to the child/young person and their family what is involved in a further assessment of their symptoms and obtain their informed consent to the assessment process
- P5 minimise any unnecessary discomfort and encourage the child or young person's full participation in the assessment
- P6 obtain/confirm the child/young person's and their family's relevant medical history, and their recent and past medications
- P7 carry out baseline observations and tests relevant to confirming the presence of diabetes
- P8 where diabetes is indicated, raise the possibility of this diagnosis with the child/young person and their family and either, preferably, refer them for further investigation, or advise them to seek further investigation, from a qualified healthcare professional
- P9 assess the extent to which the child/young person and their family have understood the information you have given them, and where necessary confirm the main points, and the next steps they should take

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### Knowledge and understanding

*You need to know and understand:*

- K1 national frameworks for service delivery for diabetes
- K2 national guidelines on diabetes management and education
- K3 theories of the causes of diabetes
- K4 signs and symptoms of diabetes, and of how signs and symptoms differ between Type 1 and Type 2 diabetes
- K5 normal and abnormal blood glucose values
- K6 how to monitor glucose levels and blood pressure
- K7 the importance and effects of education and self management for children, young people and their families
- K8 the development stages of children and young people, and the implications of this for communicating with them
- K9 the psychological impact of diabetes, on children, young people and their families, at diagnosis and in the long-term
- K10 how to gather information from children, young people and their families about their health
- K11 how to work in partnership with children, young people and their families
- K12 the social, cultural and economic background of the patient group
- K13 the impact of nutrition, particularly carbohydrates, on diabetes in children and young people
- K14 the impact of physical activity on diabetes in children and young people
- K15 effects of, and how to manage, intercurrent illness
- K16 medications used to manage diabetes
- K17 the long term complications of diabetes and when they are likely to occur
- K18 professional guidelines, standards and codes of professional conduct that are relevant to you
- K19 the law and good practice guidelines on consent
- K20 your own role in the healthcare team and the role of others
- K21 local guidelines on diabetes healthcare
- K22 local child protection procedures
- K23 local referral pathways
- K24 local systems for recording patient information
- K25 audit and quality assurance systems
- K26 sources of practitioner and patient information on diabetes

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### Additional Information

#### External Links

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB6 Assessment and Treatment Planning

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