

SFHDiabCYP06

Support a child/young person with Type 1 diabetes, and their family, in the early stages after diagnosis



Overview

This standard covers the actions that a healthcare practitioner should take in supporting a child/young person who has been diagnosed with Type 1 diabetes, and their family, in the days following the first meeting.

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 provide appropriate care, contact and guidance to meet the needs of the child/young person, according to relevant national guidelines for children with Type 1 diabetes
- P2 arrange for dietary assessment to be undertaken by a suitably qualified professional and, where there is a care team psychologist, arrange for an introduction
- P3 assess through discussion the child/young person and family's concerns and worries and provide reassurance, and age appropriate information and support
- P4 agree with the paediatric diabetes team and with the child/young person and their family a plan for their diabetes care, to promote their health and well-being and to empower them to begin to manage their diabetes
- P5 assess their blood glucose monitoring technique and injection technique and reinforce good practice
- P6 specifically, help the child/young person and their family to learn about:
 - P6.1 blood glucose readings and the reasons for changes in blood glucose levels
 - P6.2 the practical implications of their own insulin profile
 - P6.3 injections, using the device, rotating injection sites
 - P6.4 how to obtain, store, and safely dispose of medications and equipment
 - P6.5 the impact of diet and physical activity on their diabetes
 - P6.6 reasons for adjusting their insulin dose
 - P6.7 the need to carry identification
 - P6.8 hypoglycaemia, hyperglycaemia, how each can be managed, and when to seek help
 - P6.9 the importance of ketone testing
 - P6.10 issues of immediate relevance to the child/young person and their family, such as school, activities and hobbies, illness, travel, pregnancy
 - P6.11 what to do or who to contact if they need help or emergency help
- P7 communicate with other members of the paediatric diabetes team to ensure there is a coordinated approach to supporting the child/young person and their family

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Knowledge and understanding

You need to know and understand:

- K1 national guidelines on: diabetes management, education and service delivery, and on providing healthcare for children and young people
- K2 theories of the causes of diabetes
- K3 signs and symptoms of diabetes, including WHO criteria for diagnosis
- K4 normal and abnormal blood glucose and HbA1c values
- K5 how to monitor glucose levels, HbA1c, ketones and blood pressure
- K6 the importance and effects of education and self management for children, young people and their families
- K7 the development stages of children and young people, and the implications of this for communicating with them
- K8 the psychological impact of diabetes, on children, young people and their families, at diagnosis and in the long-term
- K9 how to gather information from children, young people and their families about their health
- K10 how to work in partnership with children, young people and their families
- K11 the social, cultural and economic background of the patient group
- K12 an in-depth understanding of the impact of nutrition, particularly carbohydrates, on diabetes in children and young people
- K13 the impact of physical activity on diabetes in children and young people
- K14 the effects of smoking, alcohol and illicit drugs after diagnosis
- K15 the effects of, and how to manage, intercurrent illness in children and young people
- K16 how to manage hypoglycaemia and hyperglycaemia
- K17 the use of insulin to manage diabetes
- K18 the other medications used to manage diabetes
- K19 the long-term complications of diabetes and when they are likely to occur
- K20 relevant professional guidelines, standards and codes of professional conduct
- K21 the law and good practice guidelines on consent
- K22 your own role in the healthcare team and the role of others
- K23 legal frameworks concerning prescribing
- K24 local guidelines on diabetes healthcare
- K25 local child protection procedures
- K26 local referral pathways
- K27 local systems for recording patient information
- K28 audit and quality assurance systems
- K29 the process of notification for legal and insurance purposes
- K30 sources of practitioner and patient information on diabetes relevant to children/young people
- K31 contact details of local and national support groups

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K32 how children and young people can access local facilities for exercise and physical activity, education and community activities

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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: HWB4 Enablement to address health and wellbeing needs

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Developed by	Skills for Health
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Version number	1
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Date approved	June 2010
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Indicative review date	June 2012
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Validity	Current
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Status	Original
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Originating organisation	Skills for Health
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Original URN	Diab CYP06
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Relevant occupations	Health, Public Services and Care; Nursing and Subjects and Vocations Allie; Health Professionals; Healthcare and Related Personal Services
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Suite	Diabetes
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Key words	diabetes
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