

## SFHDiabCYP09

Enable a child or young person with Type 1 diabetes, and their family, develop their knowledge and skills about diet and diabetes



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### Overview

This standard covers working with a child or young person with Type 1 diabetes, and their family, to help them to understand how appropriate nutrition can help them to manage diabetes.

This standard follows the dietary advice and support provided shortly after diagnosis.

The actions described in this competence are likely to take place alongside regular assessments and the development and revision of care plans.

In carrying out the activities described in this competence, 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 at regular intervals, assess the understanding of the child or young person and their family of the effects of diet on the child/young person's diabetes, and actively encourage them to take a full and active part in learning more about diet and diabetes
- P2 involve the child or young person in a manner and at a level appropriate to their wishes, age and development stage, communication skills and needs
- P3 gather information to develop a thorough understanding of their diet and eating patterns, any difficulties in eating, and their current medication
- P4 identify any current conditions or treatment which indicate that dietary advice should be tailored to accommodate another condition that is managed by diet (such as coeliac disease)
- P5 provide advice and information in suitable forms, and encourage the child or young person and their family to identify and commit to dietary aims that :
  - P5.1 will assist in the management of diabetes
  - P5.2 will ensure continued good nutrition for growth and development
  - P5.3 are consistent with evidence-based practice
  - P5.4 meet the child/young person's needs and preferences
  - P5.5 will enable them to integrate, as much as possible, with their peers
- P6 regularly review the experiences of the child/young person and their family in following a healthy diet, discuss any problems, difficulties or changes, and jointly explore how they may be addressed
- P7 check whether there are other family members, or other carers, with whom it might be helpful for you to explain and discuss the child/young person's dietary needs and, if so, with the consent of the child/young parent and the family members present at the consultation, make arrangements to meet them
- P8 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 the impact of food and physical activity on diabetes
- K13 the nature of concurrent diet-treated disorders
- K14 the interaction of food and diabetes medications
- K15 growth and pubertal effects on diabetes management
- K16 the effects of smoking, alcohol and illicit drugs
- K17 the effects of, and how to manage, inter current illness
- K18 how to avoid and how to manage hypoglycaemia and hyperglycaemia
- K19 the medications used to manage diabetes
- K20 the long-term complications of diabetes and when they are likely to occur
- K21 relevant professional guidelines, standards and codes of professional conduct
- K22 the law and good practice guidelines on consent
- K23 your own role in the healthcare team and the role of others
- K24 legal frameworks concerning prescribing
- K25 local guidelines on diabetes healthcare
- K26 local child protection procedures
- K27 local referral pathways
- K28 local systems for recording patient information
- K29 audit and quality assurance systems
- K30 the process of notification for legal and insurance purposes
- K31 sources of practitioner and patient information on diabetes relevant to children/young people
- K32 contact details of local and national support groups
- K33 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 well being needs

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<b>Developed by</b>	Skills for Health
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<b>Originating organisation</b>	Skills for Health
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<b>Relevant occupations</b>	Health, Public Services and Care; Nursing and Subjects and Vocations Allie; Health Professionals; Healthcare and Related Personal Services
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<b>Suite</b>	Diabetes
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<b>Key words</b>	diabetes
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