

SFHDiabCYP14

Support a child/young person and their family using insulin therapy to manage their diabetes



Overview

This standard covers supporting a child or young person, and their family, where they are using insulin to manage the child/young person's diabetes. This will involve providing appropriate advice, education and support, and also reviewing the effectiveness of the therapy and agreeing changes. The child/young person may have Type 1 or Type 2 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 arrange meetings with the child/young person and their family to support and review the therapy at appropriate intervals
- P2 involve the child or young person in learning about how to manage their diabetes in a manner and at a level appropriate to their wishes, age and development stage, communication skills, and needs
- P3 listen to the child/young person and their family describe how the insulin therapy is fitting into their lifestyle and discuss what changes might be made to manage any current or anticipated difficulties
- P4 review the physical effects of insulin therapy through examination, measurement of HbA1c levels, and discussion with the child/young person and their family
- P5 help the child/young person and their family solve any emerging problems with injection techniques, and with safety, storage and disposal of equipment
- P6 review the child/young person and their family's knowledge and understanding of their diabetes and their care plan, and offer appropriate information to help them learn more
- P7 agree changes that might be made to the insulin therapy to resolve problems, taking into account:
 - P7.1 the wishes of the child/young person and their family
 - P7.2 the risks and benefits that are involved
- P8 review targets and agree new target levels for blood glucose where appropriate
- P9 make records and 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, lipids 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 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
- K15 the effects of, and how to manage, inter current illness in children and young people
- K16 how to avoid and 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 a 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
- K32 how children and young people can access local facilities for exercise

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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: HWB6: Assessment and treatment

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