

SFHDiabCYP19

Provide ongoing advice and support about food and physical activity to a child or young person with Type 2 diabetes, and their family, to enable them to manage challenges to their health



Overview

This standard covers making a dietary assessment of a child or young person diagnosed with Type 2 diabetes, and providing advice and support to help them manage their diabetes by diet and physical activity. This standard follows on from the activity of providing dietary advice to a child/young person newly diagnosed with Type 2 diabetes. The activities in this standard are likely to take place alongside the activities of agreeing, supporting and monitoring care plans for children/young people with 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 involve the child or young person in learning about the effects of food and exercise on their diabetes, in a manner and at a level appropriate to their wishes, age and development stage, communication skills, and needs
- P2 measure the weight and BMI of the child/young person, and gather information to develop a thorough understanding of:
 - P2.1 their diet and eating patterns, and their patterns of physical activity
 - P2.2 any medication they are currently taking, and any recent changes to medication their progress in changing their diet and patterns of exercise to manage their diabetes
- P3 assess the understanding of the child or young person and their family of the combined effects of diet and physical activity on the child/young person's diabetes, and reinforce their understanding of the importance of weight management and exercise for their health
- P4 recognise the child/young person's successes in achieving their dietary and exercise aims, identify and discuss any problems or difficulties, and jointly explore how they may be overcome
- P5 together with the child or young person, and their family, identify dietary aims that will ensure safety and also good nutrition for growth, and patterns of exercise that will aid their health, taking into account:
 - P5.1 health risks of their current weight, diet and patterns of eating and exercise
 - P5.2 any medications they are taking and any changes to medications
- P6 provide dietary information to support food choices, in forms that can easily be followed by the child/young person and their family
- P7 raise and discuss issues, where it appears appropriate to do so, concerning:
 - P7.1 choices the child/young person makes about food as they become more independent of their family
 - P7.2 the effects of hormones on diabetes, and on diet
 - P7.3 peer pressure regarding diet, patterns of eating and exercise, and approaches to managing peer pressure
 - P7.4 where there are differences of opinion between the child/young person and their family, seek to negotiate agreements that are practical and realistic
- P8 maintain 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 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
- K6 how to monitor 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 food and physical activity on diabetes
- K14 growth and pubertal effects on diabetes management
- K15 the effects of smoking, alcohol and illicit drugs
- K16 the effects of, and how to manage, inter current illness
- K17 how to avoid and how to manage hypoglycaemia
- K18 the 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 local guidelines on diabetes healthcare
- K24 local child protection procedures
- K25 local referral pathways
- K26 local systems for recording patient information
- K27 audit and quality assurance systems
- K28 sources of practitioner and patient information on diabetes
- K29 contact details of local and national support groups
- K30 how individuals 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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