

SFHDiabCYP21

Enable a child or young person with Type 2 diabetes to start insulin therapy



Overview

This standard covers helping a child or young person Type 2 diabetes to begin insulin therapy, through a planned and managed introduction. 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 how to manage their diabetes in a manner and at a level appropriate to their wishes, age and development stage, communication skills, and needs
- P2 agree when insulin therapy will begin, and agree what support the child/young person and their family will receive in the following days and weeks
- P3 agree the use of other medication with insulin, clarifying what will be continued and what will no longer be required
- P4 explain the need to inform the school and other carers, and with the agreement of the child/young person and their family make arrangements to communicate with the school
- P5 enable and support the child/young person and family to administer their own insulin by:
 - P5.1 providing initial doses of insulin and the most suitable device for the child/young person, and their family to administer it
 - P5.2 explaining, demonstrating, and helping them to learn the principles and techniques of injecting insulin
 - P5.3 explaining how to rotate injection sites
- P6 assess the ability of the child/young person and family to monitor their blood glucose and ketone levels, and provide extra support to enable them to do so, if necessary, including providing education, guidance and equipment
- P7 provide support and information in suitable forms to help the child/young person and their family understand:
 - P7.1 the effects of lifestyle, weight control, food and physical activity on insulin
 - P7.2 how to adjust their own dosage as appropriate
 - P7.3 the practical implications of their own insulin profile
 - P7.4 how to obtain, store, and safely dispose of medications and equipment
 - P7.5 hypoglycaemia, how it occurs and how it can be managed
 - P7.6 the need for the child/young person to carry identification concerning their insulin therapy
- P8 identify and agree how to meet any additional education needs appropriate for the child/young person and their family
- P9 help the child/young person and their family manage any fears and anxieties about the process by providing information, and psychological support
- P10 make arrangements to communicate with the child/young person's GP concerning the insulin therapy and providing further supplies
- P11 ensure the child/young person and their family knows who to contact for

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- help and for emergency help
- P12 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 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 planning

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