

SFHDiabTPA01

Enable a young person with diabetes develop self management skills



Overview

This standard covers helping a young person develop independent self management skills in relation to their diabetes. This means helping and supporting the development of their understanding of their diabetes, and helping them to develop their ability to undertake key aspects of managing it. The activities in this standard relate to care during the transition from child to young adult. 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 communicate with the young person and their family in a way that is appropriate to their age, understanding and preference, and help the young person to develop their ability to self manage at a pace appropriate to their age and stage of development, and their needs
- P2 reinforce with the young person and their family the need for the young person to develop the skills to manage their own diabetes
- P3 encourage the family to allow the young person a safe and appropriate degree of independence in managing their diabetes
- P4 assess the young person's understanding of their diabetes and over a period of time provide relevant information in suitable forms to enhance their understanding, in particular of:
 - P4.1 the nature of their diabetes
 - P4.2 the purpose of reviews and care plans
 - P4.3 blood glucose and HbA1c measures and targets
 - P4.4 cholesterol and blood pressure measures
 - P4.5 how to recognise and manage hypoglycaemia, how to avoid severe hypoglycaemia
 - P4.6 how to recognise, manage and prevent hyperglycaemia and diabetic ketoacidosis
 - P4.7 the effects of nutrition and physical activity on their diabetes
 - P4.8 the effects of puberty on their diabetes
 - P4.9 the effects of any medications they are using
 - P4.10 their medication and equipment, where relevant, how to obtain it, how and when to use it, how to store it, how to dispose of sharps
 - P4.11 the effects of illness on their diabetes and how to manage when they are ill
 - P4.12 the risks of long term complications and how to reduce those risks
- P5 encourage the young person to ask questions and to contribute to decisions in relation to their diabetes and its management
- P6 jointly agree and review targets for managing the young person's diabetes
- P7 assess the young person's skills in self-management and over a period of time provide guidance, support and encouragement to help them to develop key skills, including:
 - P7.1 planning and managing their insulin therapy (where they use insulin to manage their diabetes)
 - P7.2 managing injection sites (where they inject insulin)
 - P7.3 using physical activity and diet to manage their diabetes (where relevant)
 - P7.4 monitoring their blood glucose levels and taking the appropriate action
 - P7.5 monitoring and looking after their feet

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- P7.6 testing for ketones and interpreting the results
- P8 where the young person encounters difficulties in developing these skills, encourage them to learn from their experiences, and discuss and attempt to agree ways of finding solutions
- P9 through discussion, and through advice and guidance, encourage the young person to develop safe and practical strategies for managing their diabetes in relation to new experiences such as:
 - P9.1 going on holiday without their parents
 - P9.2 undertaking sports and hobbies
 - P9.3 new social events
 - P9.4 relationships
 - P9.5 beginning work
 - P9.6 studying at college or university
 - P9.7 travelling/gap year
 - P9.8 driving
 - P9.9 leaving home
- P10 ensure the young person knows how to access help and emergency help, and ensure they understand when they should ask for help
- P11 provide information for the young person and their family about relevant support groups, charities, and sources of reliable and helpful information
- P12 maintain accurate records of discussions and any agreed plans, which can be followed by other members of the care team and the young person

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Knowledge and understanding

You need to know and understand:

- K1 national guidelines on diabetes management, education and service delivery; on providing healthcare for children and young people; on transition from children's to adults' care
- 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 and HbA1c
- K6 the importance and effects of education and self management for young people
- K7 the development of self management and independence in young people
- K8 the psychological impact of diabetes, 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 young people and their families
- K11 the social, cultural and economic background of the patient group for your service
- K12 the impact of nutrition, particularly carbohydrates, on diabetes
- K13 the impact of physical activity on diabetes
- K14 the impact of physical activity
- K15 the effects of smoking, alcohol and illicit drugs
- K16 the effects of, and how to manage, intercurrent illness
- K17 how to prevent and manage hypoglycaemia and hyperglycaemia
- K18 the medications used to manage diabetes
- K19 the long term complications of diabetes and when they are likely to occur
- K20 how to examine feet for peripheral neuropathy and assess risk status
- K21 how to monitor cardiovascular risk through weight, BMI, blood pressure
- K22 how to monitor for renal disease
- K23 how to monitor for diabetic retinopathy
- K24 methods of screening for coeliac and thyroid disease
- K25 relevant professional guidelines, standards and codes of professional conduct
- K26 the law and good practice guidelines on consent
- K27 your own role in the healthcare team and the role of others
- K28 local guidelines on diabetes healthcare
- K29 local child protection procedures
- K30 local referral pathways
- K31 local systems for recording patient information
- K32 audit and quality assurance systems
- K33 issues concerning confidentiality for this age group
- K34 sources of practitioner and patient information on diabetes relevant to young people
- K35 contact details of local and national support groups

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K36 how 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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