

SFHDiabTPA02

Help a young person manage their diabetes during adolescence



Overview

This standard covers helping a young person understand and manage their diabetes at the same time as they are facing the normal challenges of adolescence. This means providing information and supporting an understanding of the potential effects of physical changes and changing social pressures on their diabetes and general health, and helping them to develop ways of managing these challenges. 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.

SFHDiabTPA02

Help a young person manage their diabetes during adolescence

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 which encourages an open and honest exchange of views
- P2 involve the young person in the management of their diabetes to an extent appropriate to their age and stage of development
- P3 in discussions with the young person, agree on degrees of confidentiality about what is said, and what information you will share with their family and with other members of the healthcare team
- P4 discuss decisions the young person is taking regarding their diet and physical activity, and how they can effectively manage their diabetes in respect of this
- P5 provide information in suitable forms on the effects of growth and puberty on diabetes and on blood glucose levels, and discuss and agree ways of monitoring and managing fluctuating blood glucose levels
- P6 provide information and discuss
 - P6.1 the effects of alcohol on blood glucose levels, and on the young person's ability to monitor and manage their diabetes, and how they can minimise risks
 - P6.2 the effects and implications of smoking on diabetes and on general health
 - P6.3 the effects and risks of common street drugs on: blood glucose levels, on the young person's ability to monitor and manage their diabetes, on general health and well-being, and how the young person can minimise risks
- P7 provide information in suitable forms on
 - P7.1 the importance of contraception
 - P7.2 how to obtain contraception
 - P7.3 the dangers of unplanned pregnancy and diabetes (where the young person is female)
- P8 provide information and discuss, where relevant, the effects of sexual activity on blood glucose levels, and how to avoid hypoglycaemia
- P9 ask about the young person's thoughts and plans for the future, concerning: school, further or higher education, work and ideas about careers, and reinforce their understanding or provide information regarding what they are able and not able to do, including careers they currently can and cannot pursue
- P10 provide information and discuss regulations concerning driving, where relevant to the young person, and any other regulations relevant to the young person's age
- P11 maintain accurate records of your discussions, bearing in mind the confidentiality you have agreed to maintain, which can be followed by other members of the care team and the young person

SFHDiabTPA02

Help a young person manage their diabetes during adolescence

SFHDiabTPA02

Help a young person manage their diabetes during adolescence

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 effects of smoking, alcohol and illicit drugs
- K15 the effects of, and how to manage, intercurrent illness
- K16 how to avoid and how to manage hypoglycaemia and hyperglycaemia
- K17 the medications used to manage diabetes
- K18 the long term complications of diabetes and when they are likely to occur
- K19 how to examine feet for peripheral neuropathy and assess risk status
- K20 how to monitor cardiovascular risk through weight, BMI, blood pressure
- K21 how to monitor for renal disease
- K22 how to monitor for diabetic retinopathy
- K23 methods of screening for coeliac and thyroid disease
- K24 relevant professional guidelines, standards and codes of professional conduct
- K25 the law and good practice guidelines on consent
- K26 your own role in the healthcare team and the role of others
- K27 local guidelines on diabetes healthcare
- K28 local child protection procedures
- K29 local referral pathways
- K30 local systems for recording patient information
- K31 audit and quality assurance systems
- K32 issues concerning confidentiality for this age group
- K33 sources of practitioner and patient information on diabetes relevant to young people
- K34 contact details of local and national support groups
- K35 how young people can access local facilities for exercise and physical

SFHDiabTPA02

Help a young person manage their diabetes during adolescence

activity, education and community activities

SFHDiabTPA02

Help a young person manage their diabetes during adolescence

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

SFHDiabTPA02

Help a young person manage their diabetes during adolescence

Developed by	Skills for Health
Version number	1
Date approved	June 2010
Indicative review date	June 2012
Validity	Current
Status	Original
Originating organisation	Skills for Health
Original URN	Diab TPA02
Relevant occupations	Health, Public Services and Care; Health Professionals; Healthcare and Related Personal Services
Suite	Diabetes
Key words	diabetes