



INTRODUCTION

With the increase in incidence of Type 1 diabetes in children and young people (CYP) and the use of intensive insulin therapies, paediatric diabetes teams are under increasing pressure to support school staff with the day to day management of their pupils with diabetes. The CYPWMDN have developed a study day to provide basic diabetes awareness education to all school staff in the West Midlands (WM) region. This work also meets the training and support responsibilities of diabetes teams in line with the statutory guidance for schools governing bodies, 'Supporting Pupils at School with Medical Conditions', (DfE, 2014).

PROJECT AIM

The aims of this project have been to provide school staff with an awareness of:

- All stakeholders responsibilities of managing a CYP with diabetes in school
- The difference between Type 1 and 2 diabetes
- Causes, signs and symptoms of diabetes
- Treatment options
- How to manage acute complications - hypo and hyperglycaemia
- Dietary requirements - carbohydrate counting
- Insulin pump therapy
- Understanding of the practicalities of insulin administration and blood glucose/ketone monitoring.

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Waseema Azam, Louise Collins, Victoria Howard, Deborah McCausland, Raffaella McEwan, Andy Orzechowska, Alison Peasgood, Chris Rumney, Paitra Sparkes, Beckie Wood, Sue Ricketts.

RESULTS

To date a group from within CYPWMDN have run events, attended by over 250 school staff delegates and attended by over 110 schools in the WM Region.

The group believe that the programme of educational resources can be delivered by any team nationally with minimal need for training and/or explanation in to its use thus minimising development, planning and evaluation time.

Raising staff awareness of diabetes with school staff, improving their knowledge and confidence around diabetes can only enhance the experience of families with CYP with diabetes when they are dealing with the anxieties of a new diagnosis or a start/change in school/teacher. Parental confidence in the schools capabilities to care for their child throughout the school day is fundamental in both the emotional wellbeing and physical health of the child and parent.

Below we have included some quotes from participants from the study days.

'Really useful, thank you. I have learned some new things even though I have been looking after and injecting a little boy for a few years now. It was all explained really very clearly'.

'Great interaction! Such opportunity to play with different machines, insulin needs etc., Very valuable'.

'A good awareness course that could benefit all staff that work with children.'

'Good all round information about caring for diabetes'.



CONTACT : Marie.Atkins@bch.nhs.uk

FUTURE PLANS

We aim to continue running the study days across the West Midlands, we have also produced a guideline to support the package which includes a copy of an individual healthcare plan. We will next be looking at competencies in regards to school staff.

REFERENCES

Diabetes UK
Guidance for the Management of Children and Young People with Diabetes in Schools (Dudley Primary Care Trust, 2007)
ISPAD Guidelines 2014: Diabetes education in children and adolescents JDRF Talking T1 Schools Programme
Children and Families Act 2014
Making Every Young Person with Diabetes Matter. April 2007. Department of Health.
National Paediatric Diabetes Audit Report 2011-2012 (Dec 2013) HQIP and RCPC
Ragnar Hanas: Type 1 Diabetes in children, adolescents and young adults: 5th Edition
Diabetes guidelines for schools, colleges & early years settings compiled by Claire Pesterfield and Kate Wilson on behalf of the East of England Paediatric Diabetes Network Diabetes in Schools working Group Sept 2013
Supporting pupils at school with medical conditions (Department of Health, 2014)
Supporting Children and Young People with Type 1 Diabetes in Education
Supporting Children and Young People with Diabetes for Nurses in School and Early Year Settings (Royal College of Nursing, 2009)
Definition and diagnosis of diabetes mellitus and intermediate hyperglycaemia
Report of a WHO/IDF consultation