

Title of Intervention: A diabetes education program for school-age children and mothers

Intervention Strategies: Group Education, Individual Education

Purpose of the Intervention: To improve diabetes knowledge and skills among children and mothers

Population: Children aged 8-13 years old with diabetes and their mothers

Setting: Children's hospital ambulatory department; health care facility-based

Partners: None mentioned

Intervention Description:

- Group Education: A five-day diabetes education program was developed to improve children's and parents' knowledge and skills for diabetes management at home, children's feelings of competence and the parents' supportive network. The education program consisted of eleven, fifty-minute sessions that were attended by both children and parents and primarily taught by a nurse. Program topics included food, insulin, exercise, physiological effects of diabetes, parenting issues and others.
- Individual Education: Mother-child pairs were taught and given the opportunity to practice, skills of insulin injection and blood glucose testing.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Nurse, physician, dietitian, psychologist
- Training: Not mentioned
- Technology: Not mentioned
- Space: Classroom space
- Budget: Not mentioned
- Intervention: Educational resources, practice supplies for insulin injection and blood glucose testing
- Evaluation: Tests

Evaluation:

- Design: Quasi-experimental
- Methods and Measures:
 - Tests were used to measure changes in knowledge, diabetes care skill ability, maternal social support and children's perception of competence.

Outcomes:

- Short Term Impact: Both children's and mothers' scores on diabetes information and problem solving of diabetic situations increased significantly. However, these improvements did not affect the mothers' or children's perception of quality of their relationship. Instead, mothers' perception of quality of mother-child relationship was significantly related to children's problem solving and children's insulin injection skill. No significant changes were found in the mothers' scores of perceived social support. Children's scores on insulin injection skill increased significantly immediately following the educational program, but mothers' scores did not show significant change.
- Long Term Impact: Not measured

Maintenance: Not mentioned

Lessons Learned: This diabetic education program was able to significantly improve diabetes knowledge and skills of children and their mothers.

Citation(s):

Brandt PA, Magyary DL. The impact of a diabetes education program on children and mothers. J Pediatr Nurs. Feb 1993;8(1):31-40.