



Pilot Formal Social Diabetes Education Day

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What we did ...

A multidisciplinary diabetes education day was held at The Royal Free Hospital Childrens' School.





Why we did it ...

- 🧑 National desire by patients, families & practitioners for self-directed management.
- 🧑 DQuINS report
- 🧑 Between 8-12 years children progress from primary to secondary school where they undergo significant changes.
- 🧑 Royal Free Hospital cares for 58 children with diabetes.



How we did it?

During one half term, the target group was invited to the hospital to have first-hand experience of the following activities:



- An introductory talk from Diabetes UK
- Identifying food groups into high and low Carbs
- Interpreting food labels
- Carb counting calculations using Apps such as Carbs and Cals
- An explanation of the benefits of using Diasend products for remote monitoring of blood sugar levels



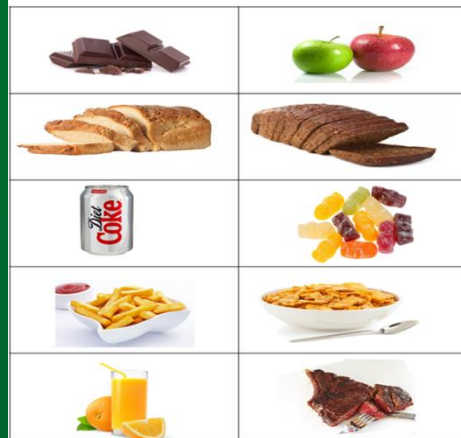
Why use the hospital school?



- Better climate for learning
- Opportunity to develop shared teaching strategies that young people will respond to most effectively
- Sustainable approach leading to other collaborations
- Promotes ward ethos, teamwork and a multidisciplinary approach to problem solving

Diabetes Education Day

starter



You have 10 pictures of different foods on your table. In your group decide:

1. The one food you would definitely remove from your diet
2. The one food you would definitely keep

Be ready to feed back to the group after 5min



How much do you know already?

Find the Fib 1



Indicate with your fingers the statements that are not true

1. People with diabetes can lead amazing and normal lives
2. Diabetes is contagious
3. Type 1 diabetes is controlled by insulin injections
4. Type 2 diabetes can be controlled by diet, tablets and exercise
5. Insulin is a cure for diabetes



Stand next to the letter that best describes your answer

Plenary question 2

Which drink contains the least number of carbs:

- A. a glass of apple juice
- B. a glass of diet coke
- C. a glass of water
- D. a glass of regular or normal coke



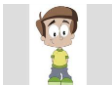
Pre & Post Feedback Forms

Diabetes Education Day – Pre-session Assessment


DOB: _____

Date: 26th October 2015

1) I AM A:



BOY




GIRL

2) How old are you? _____ years old


3) What is your Carbohydrate:Insulin Ratio? _____

4) What is your CORRECTION DOSE? _____


5) Who normally works out how much insulin you need? (circle as many as you like)




Mum/Dad



ME



Teacher



Diabetes Nurse

6) Do you use any APPS to help you?

YES which ones _____ **NO**

7) How hard do you find calculating how much insulin you need?

EASY A LITTLE DIFFICULT VERY DIFFICULT

8) How hard do you find recognising the carbohydrates in a meal?

EASY A LITTLE DIFFICULT VERY DIFFICULT

Children's Post-session Assessment

DOB: _____



Just few more questions:

1) What is your **Carbohydrate:Insulin Ratio**? _____

2) What is your **CORRECTION DOSE**? _____

3) How hard do you find calculating how much insulin you need?

EASY A LITTLE DIFFICULT VERY DIFFICULT

4) How hard do you find recognising the carbohydrates in a meal?

EASY A LITTLE DIFFICULT VERY DIFFICULT

5) Did you enjoy this afternoon?

YES **NO**

6) What 3 things did you like best?

a) _____

b) _____

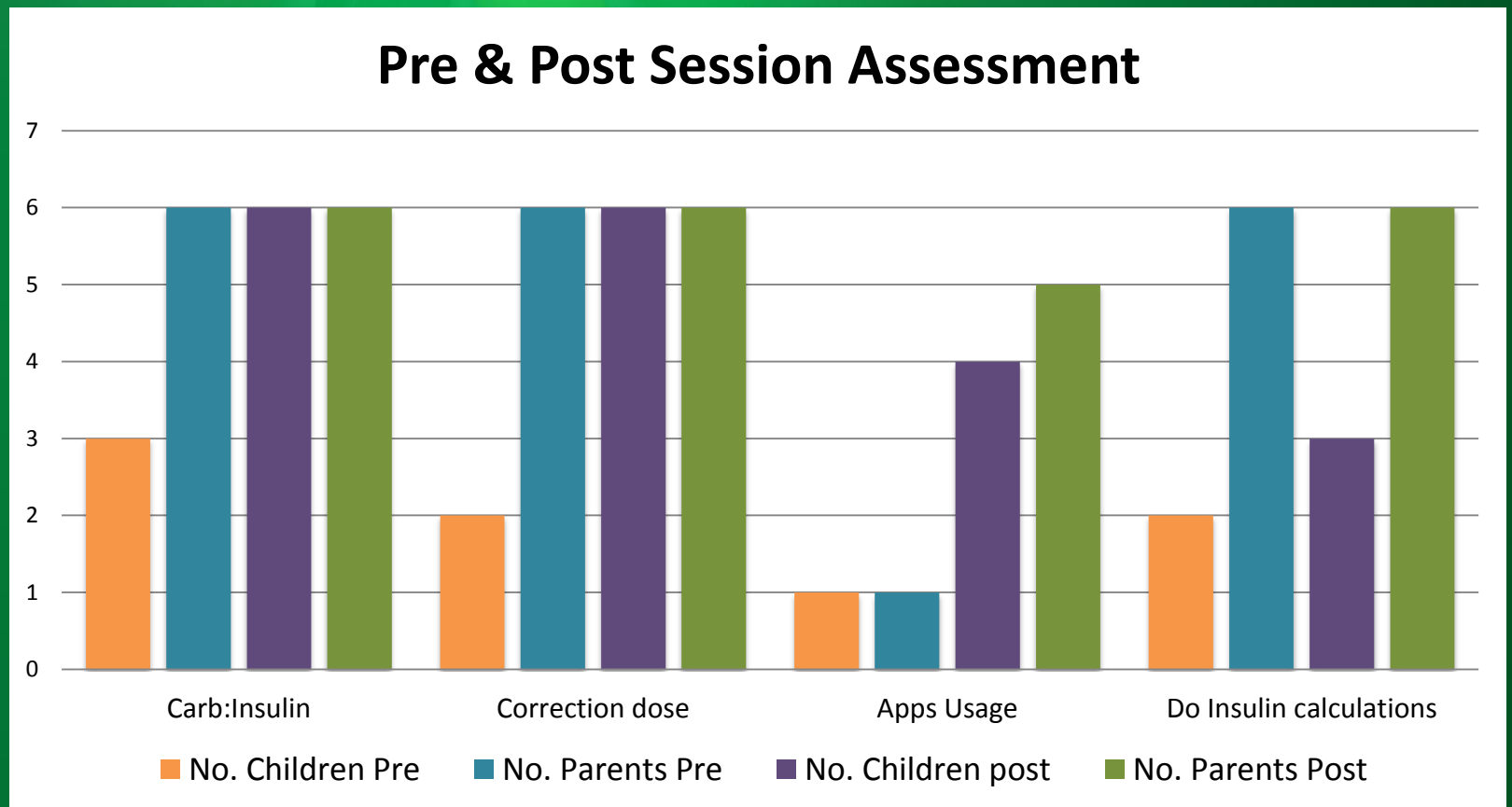
c) _____

7) What changes would you make?

THANK YOU AGAIN! 



What did we learn?





FEEDBACK

Post Session

Parents & Children

92% ENJOYMENT

100% MORE SESSIONS

Appropriate
Level



Useful



Interesting



 /  = out of 6



Children

100% felt more confident with insulin calculation



Almost all children felt that
carbohydrate counting was easier.



Changes for the next session ...

- Parallel sessions for parents and children.
- Differentiate age appropriately - children in year 5 & 6.
- Continued focus on child centered learning



The Future ...

- Making an accessible and friendly local network
 - More social education events
 - Parallel sessions for parents and children
 - Website with videos and other resources
- Development of diabetes educators
- Outreach work for local schools to promote awareness and plug gaps that arise due to children missing education
- Better awareness of resources, for example, organisations such as Diasend, Diabetes UK, apps Carbs & Cals



Thank you,
Questions?