

Patient centred multidisciplinary approach to diabetes education, using puppet making and film skills to facilitate learning

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Aim: The use of puppet and film making as a forum for children and their families to share their experiences of living with diabetes.

Method:
A grant of £5000.00 was secured from The Diabetes Research and Wellness Foundation. This money was used to fund 4 sessions of learning puppet and film making skills with the intention of producing a short film that could be used as an educational tool for other young children newly diagnosed with the condition. E17 Puppets provided the puppet making skills, WAC Arts provided the film making training and teaching strategies and planning were provided by the Royal Free Hospital Children's School. Clinical expertise was provided by a Consultant Paediatrician and Paediatric Diabetes Specialist Nurse. Extracts of the 4 sessions are illustrated below (figs 1 to 6):



Fig 1
Introductions and questions through circle time with Tommy from WAC Arts and Dr Dublon. How did I get diabetes? Did sugar give me diabetes? Is diabetes contagious?



Fig 2
Marissa and Alexandra from the E17 Puppet Project showing how to make puppets



Fig 3
Our young puppet and film makers discussing their script before filming.



Fig 4
A screenshot from one of the 3 diabetes educational videos made over the four sessions.

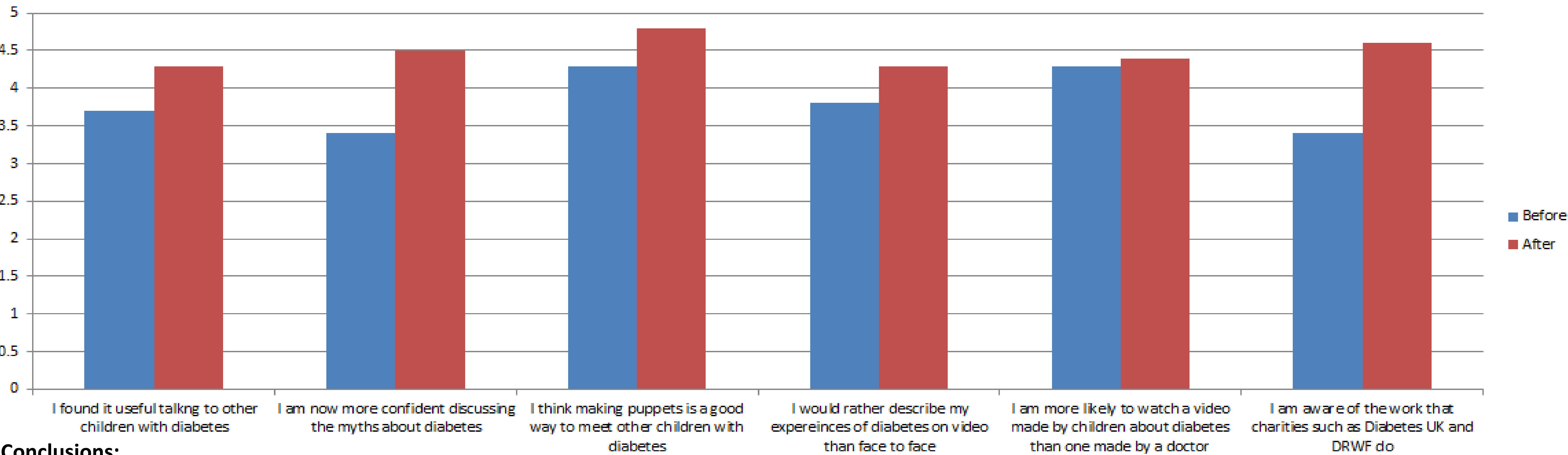


Fig 5
The demonstration and explanation of how an insulin pump works. Does it hurt? Do I still need to inject? How do I get one?



Fig 6
The filming of Top Diabetes Tips after the first session of interview and filming skills

Results:



Conclusions:

- After 4 sessions, there was a measurable improvement in both parent and children's knowledge and confidence discussing diabetes.
- The social aspect of the activities encouraged a strong bond to form between parents and children. At clinical appointments, children and families do not have the opportunity to meet or discuss their experiences. Parents and Children were rearranging their schedules to ensure they attended as many sessions as possible.
- Information exchange between parents and children was encouraged. Children were explaining insulin pump function with each other and parents were discussing the importance of control using convention means as a prerequisite before being offered a pump.
- Meeting the children and families in the non-clinical setting of a classroom over a period of four sessions improved the quality of staff/patient relationships and improved the bond within the Diabetes Education Team.
- The film is being used by The Diabetes Research and Wellness Foundation as part of their promotional material and shown at the Royal Free Hospital to children newly diagnosed with Diabetes as an educational tool and 'mythbuster'.
- The film was a delight to make and all parents and children were thrilled with the outcome and thoroughly enjoyed taking part.