Background
Permanent Adrenal Insufficiency (AI) is uncommon but potentially life-threatening.

Patients at risk during stress, thus, caregivers need good illness management skills.

Caregivers taught illness management, including IM injection, by Endocrine RN at diagnosis with regular review at clinic visits.

Despite teaching & seemingly good knowledge – we still see a reluctance of caregivers to administer IM hydrocortisone at home as reported by colleagues in the US.

Simulation (SIM) shown be effective in improving caregiver competence & confidence in managing chronic conditions e.g. Cystic Fibrosis & seizures.

SIM has not yet been evaluated in teaching illness management to caregivers of children with AI.

Objective
To compare the impact of illness management teaching delivered using SIM or traditional teaching on caregivers’ knowledge, ability and confidence managing illness (including intramuscular hydrocortisone injection) in children with AI.

Methods
Subjects were randomly assigned to SIM-based teaching or traditional teaching.

All participants completed knowledge and self-confidence questionnaires and performance assessments using SIM scenarios, before and after teaching.

Independent samples t-test compared scores between traditional and SIM groups.

Paired samples t-test compared scores within individuals, pre- and post-teaching.

Conclusions
Caregiver performance in both groups was sub-optimal at baseline.

• Underscores the importance of on-going education of caregivers’ of children with established Adrenal Insufficiency.

Caregiver confidence and performance, as assessed using simulated scenarios, improved significantly in both arms with no difference observed between SIM and traditional teaching arms.

• Lack of difference may be due to both groups undergoing the assessment using the SIM scenarios (pre- and post- education session).

• Would consider incorporating SIM scenarios into current standard of care teaching education.

References:

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