

Sick day rule: Survey of parents of children with Type 1 diabetes (Experience and Knowledge)

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Association of Children's Diabetes Clinicians
Improving the care of children with diabetes

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Introduction

Inappropriate management of illness/stress, accidental or deliberate insulin omission are some of the causes of Diabetes ketoacidosis (DKA) in patients with established diabetes. During illness, patients with type 1 diabetes are advised to monitor for hyperglycaemia and ketosis, maintain fluid intake and if required, to administer supplemental insulin. Previous studies have confirmed that comprehensive diabetes self-management education (DSME) programs on management of sick days and availability of telephone support can lead to a reduction in the rates of DKA

Objectives

The aim of the study is to establish parent's experience of self-management education programs and out of hours telephone support. In addition we evaluated their knowledge of sick day rules

Method

Parents of children with Type I diabetes completed an online questionnaire posted (October 2014-February 2015) on social media fora popular with parents of children with diabetes living in United Kingdom.

The questionnaire was set up to allow only one response per internet protocol (IP) address. The questionnaire was validated for consistency by a panel of parents.

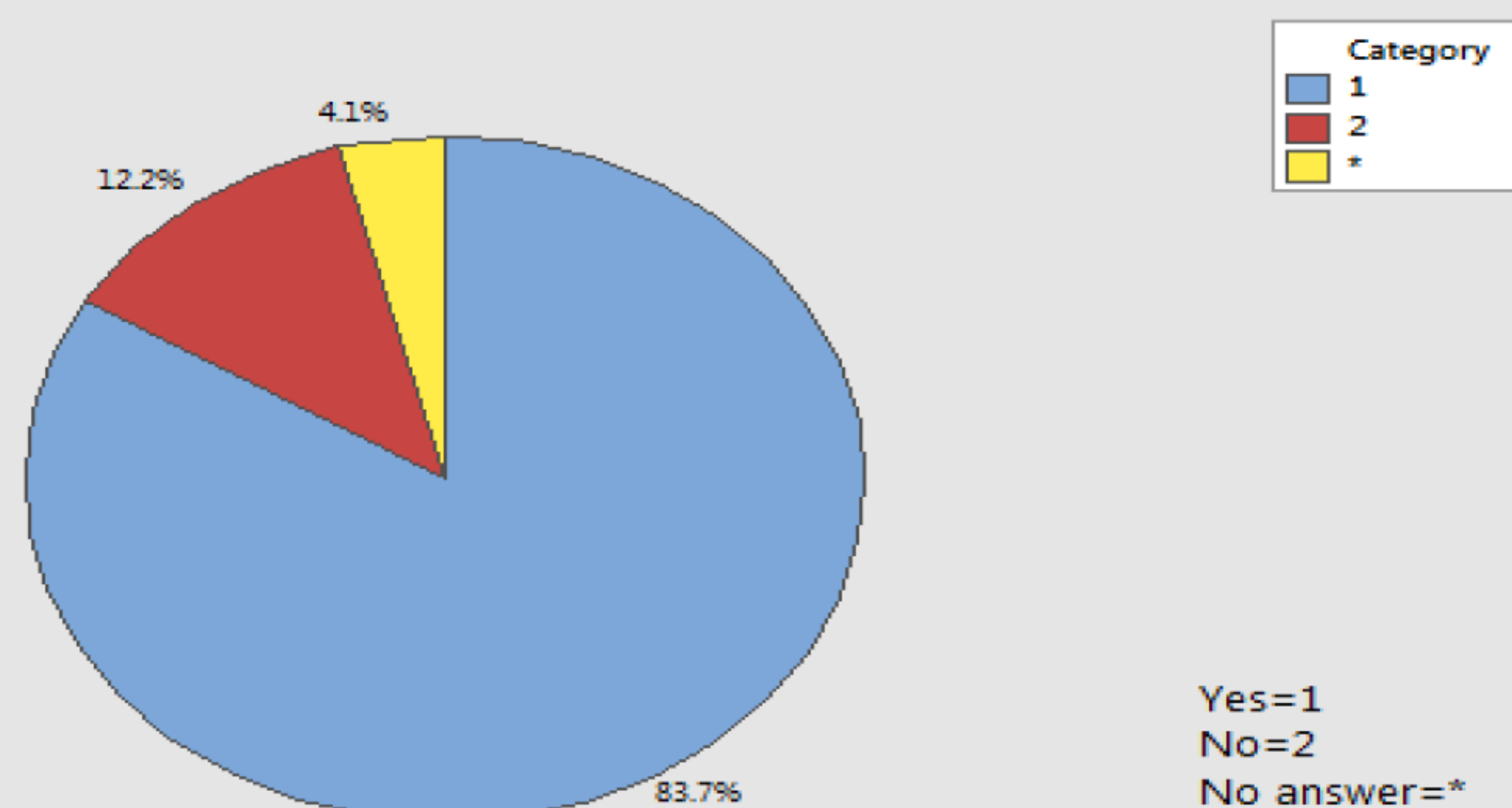
It tested four domains of sick-day self-management; glucose monitoring, ketone monitoring, fluid intake and supplemental insulin administration.

It also sought information on their experience of self-management education programs and telephone support

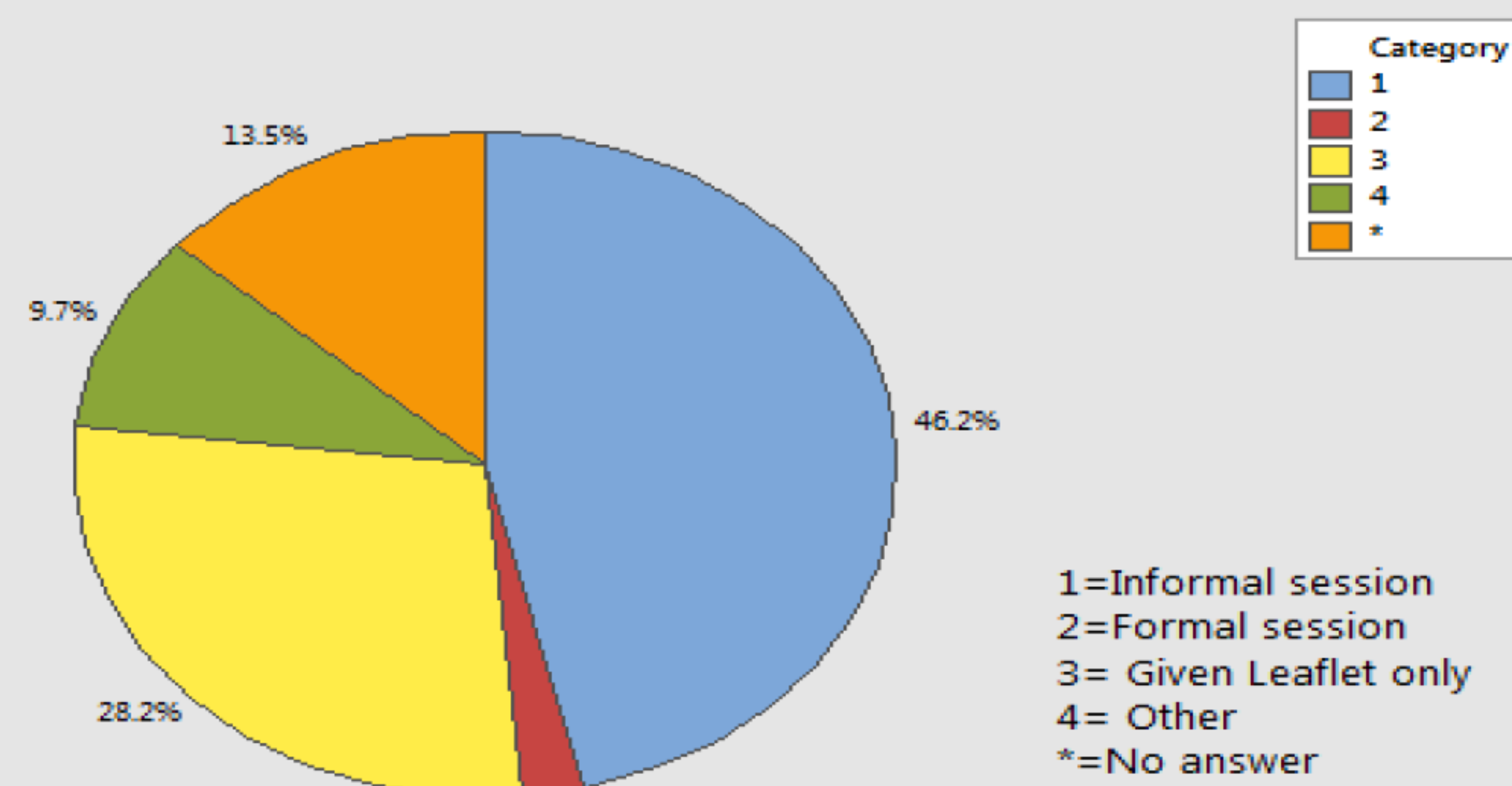
Results

680 completed the questionnaire. Median duration of their child's diabetes was 3 years. Median age of their children was 10years. The majority (52.1%) had access to their diabetes team out of hours, whilst 14.6% had access to ward staff/Paediatric Registrar for advice

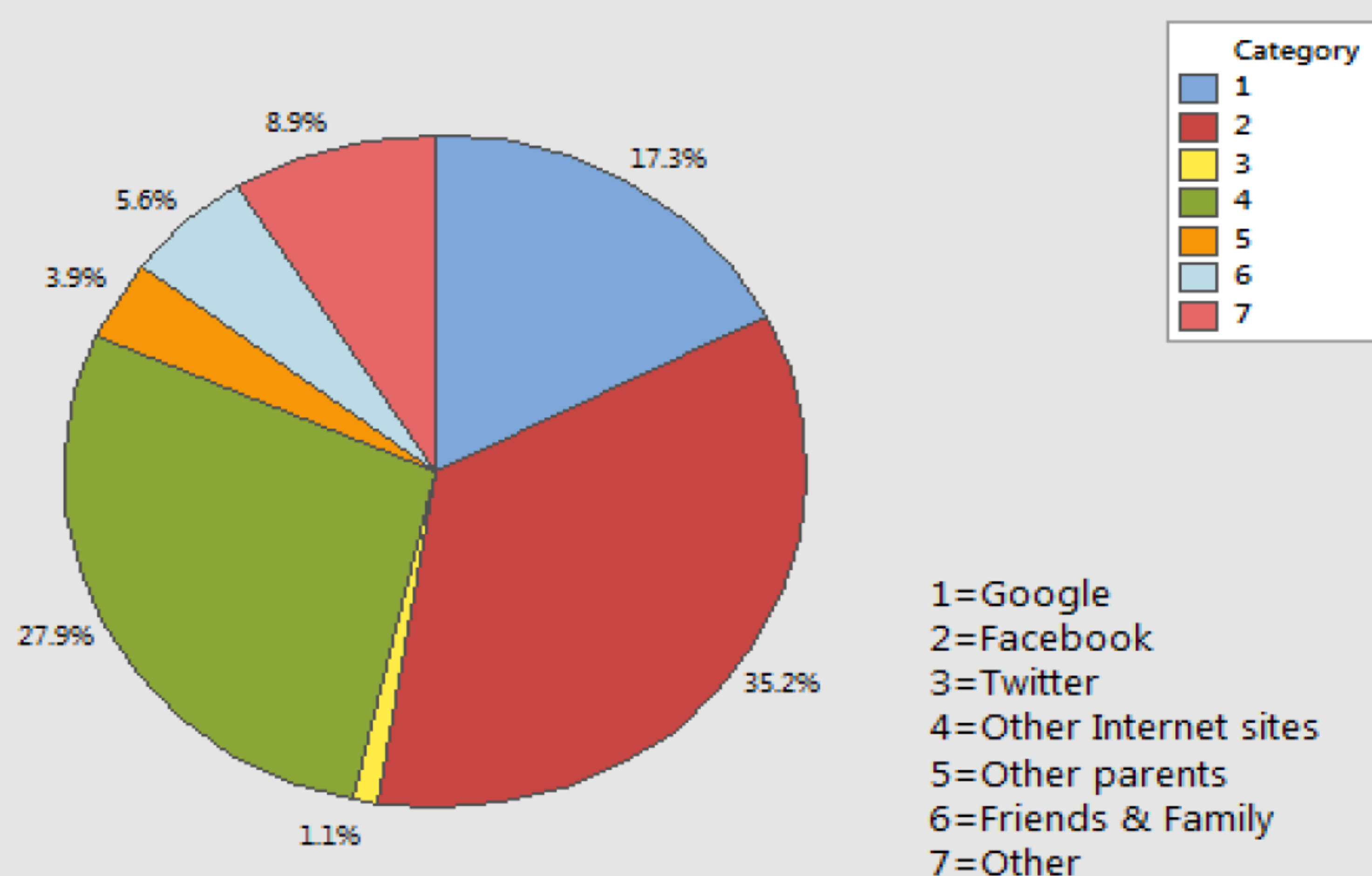
Have you been taught what to do when your child is ill?



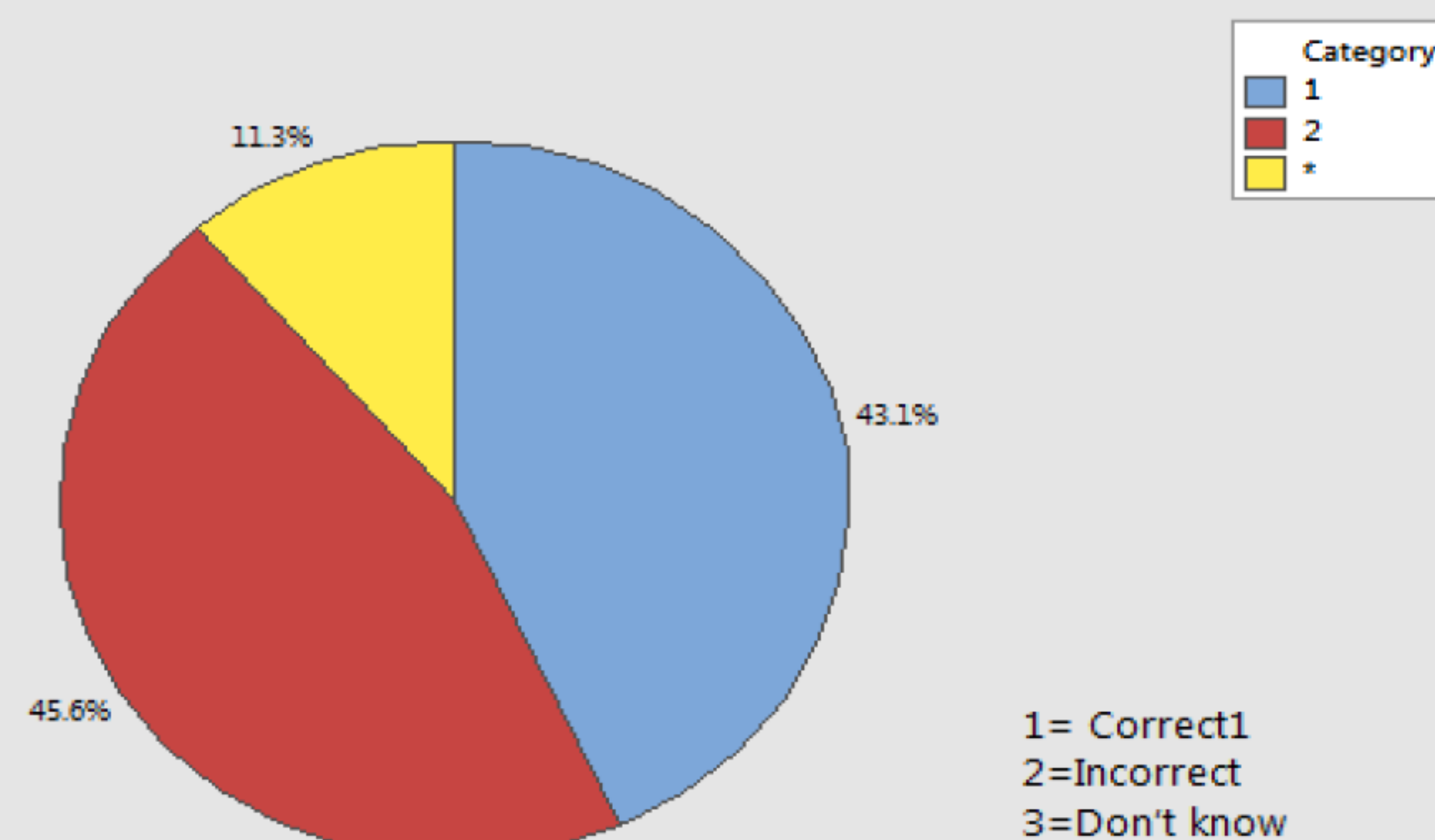
Format of teaching sessions received by Parents



source of information for parents when dealing with ill child



Action taken by Parents when BG high and Ketones is 2mmol/l



Conclusion: Survey results highlight the need to improve quality of sick day rule education programs for parents of children with Type 1 diabetes

