

P3-585 Living with Congenital Adrenal Hyperplasia (CAH) for children in primary school between 6 and 11 years; Educational innovation and design of a learning tool for therapeutic education

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OBJECTIVES

Hormone replacement therapy is essential in CAH to lead a normal life and must be adapted to stress.

Obtaining the Certificate: Methodological training in therapeutic education patient approach (IPCEM 2015)

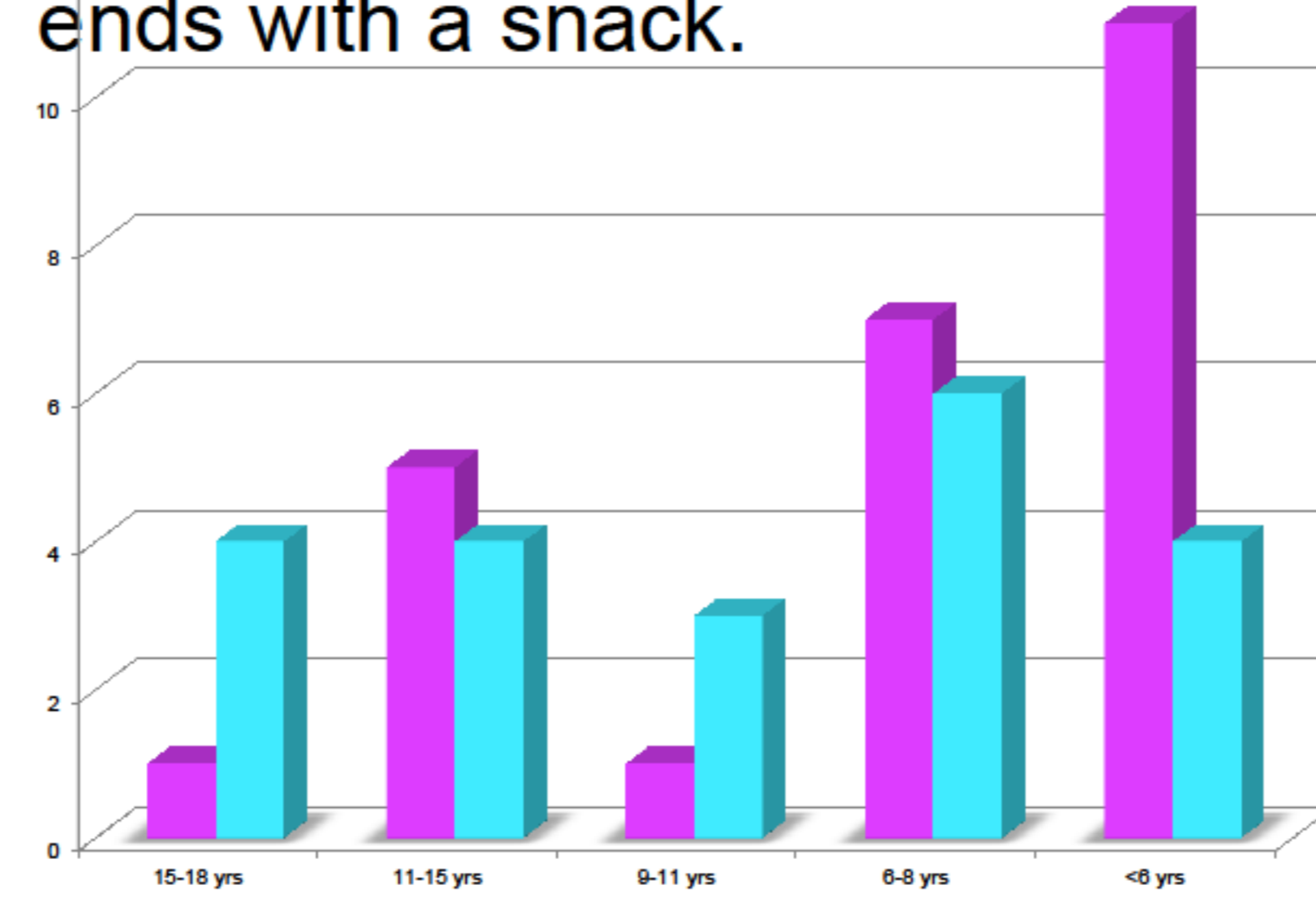
The aim of therapeutic education session is based on the skills needed for the regular intake of pills and recognition of stress for children between 6 and 11 years in primary school.

PATIENTS AND METHODS

Patients:

21 patients aged 6 to 11 years were followed for CAH in our unit--10 girls and 11 boys --Treatment : 12-15 mg/m² hydrocortisone 3 times daily and Fludrocortisone 25 to 50 mg twice daily.

Methods: The therapeutic education session is conducted by a physician, a student and a nurse. The session is scheduled for 4 children with their parent, It lasts 2h and ends with a snack.



Program

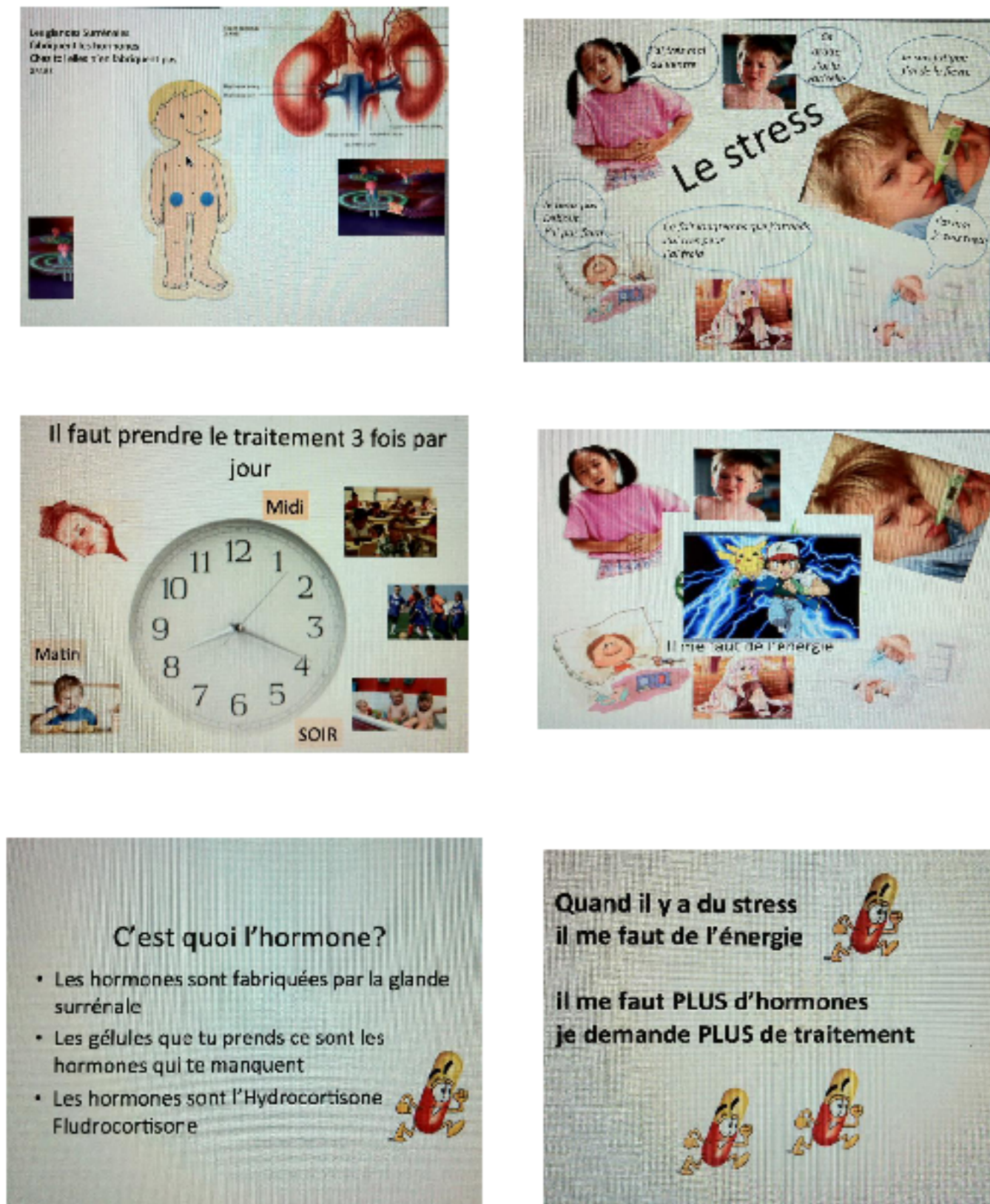
Educational diagnosis (20mn),
Interactive slideshow (20 mins),
Break with drink and free discussion (5-10 mn)
Interactive games to test their learning with gluing and cutting the personal notebook to the child (20mn) .

Evaluation by child and parents

Slideshow Sequence. – Personal Textbook

Learning Session: The slide show is interactive, with each image a question is posed to children. The answer is given to the next image

The acquisition of competence "know how to take his medication" and "recognize the stress states" is marked by playfully carvings and collages. It is a personal book for the child, he brings home



RESULTS

- ◆ All families have agreed to participate in this program at a time of their convenience
- ◆ Participation: In most cases the 2 parents were present, 1/4 of children were with their father (parental separation)
- ◆ Satisfaction : 100% very or generally satisfied



- ◆ Feeling of having learned



- ◆ Help to not forget the treatment



- ◆ Skill:

80% of children have acquired the competence
20% is being acquired (mean age 6 yrs)

CONCLUSIONS

Conclusion:

- The therapeutic education (TE) is essential in any chronic illness and many programs have been developed in diabetes, and childhood asthma. Very few tools have been developed specifically for CAH.
- This program has been validated by the training center IPCEM
- We present the first program of therapeutic education for the children of school age. We schedule other education sessions for parents in the first year of diagnosis, for teens and for traveler children.

References

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