

Childhood type 1 diabetes (T1D) management with e-learning through self-educational tools .

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BACKGROUND

Children with T1D and their parents need personalized information about the disease and daily glucose homeostasis, as well as detailed practical knowledge, techniques and guidelines about diet and insulin therapy.

OBJECTIVES

To build a complete educational program (DIABEDUC) that allows children with T1D to improve understanding of disease treatment disease management and daily life.

PRELIMINARY RESULTS

During the year 2015-2016, 100 children (age 2-15 yrs) and/or parents served as a randomly composed training group for the "Design" phase of the educational program.

They were asked to go through a set of selected modules adapted to patient's age.

They tried to learn, answered questions, and commented the strengths and weaknesses of the program.

PROSPECTIVE

Our program provides a solid basis for education of T1D children and their parents, which will be used on computers, tablets and smart phones.

THE DIABEDUC PROGRAM

The PROGRAM currently includes 36 modules, made of 300 submodules, and a total of 2270 slides. Each submodule includes reading teaching slides, answering questions, getting answers. Education modules were written and trained with children and parents at outpatient visits under the guidance of one of us. Individual work sessions were made of different modules depending on the appreciation of the diabetes team.

