

DEVELOPING AN EDUCATIONAL PROGRAMME FOR CHILDREN AND TEENAGERS (< 18 YEARS) WITH TYPE 2 DIABETES



Leicester Diabetes Centre
Committed to Growing International Research, Education & Innovation



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Aim

To develop an educational Programme for children and teenagers (< 18 years) with type 2 diabetes (T2DM). This target group present with an extreme phenotype and develop micro and macro disease much earlier and more aggressively than their peers with type 1 diabetes. In Leicester, bespoke educational programmes are not available despite audit data suggesting that more young people are developing T2DM.

Methods

A Multi disciplinary team involved in the co production of the programme consisted of representatives from the clinical paediatric diabetes team and the adult clinical team; psychologists; GP's with a special interest in diabetes; Clinical Care group Commissioners; and children and carer's from a wide catchment area. (Figure 1)

Results

Qualitative work with the multidisciplinary team identified the following key areas of need: (1) challenges for the target group in relation to food, activity taking tablets, managing emotions and attending annual review; (2) knowledge and skills required for a child/teenager living with T2DM to manage their food, activity and emotions.

Following an iterative process, this co-production approach informed the design, testing and development of (i) the workshop content; (ii) topics and timing; (iii) the handbook; (iv) the referral pathway and (v) the logo

Conclusion

The iCAN live well with diabetes programme will be rolled out as four 2 hour workshops and will offer core learning objectives around food, activity and emotional well being.

The iCAN live well with diabetes programme will become the first bespoke education programme tailored to children and adolescents with T2DM that meet national diabetes guidelines and the paediatric best practice tariff.

A digital offering is now under development

	Workshop 1 Being healthy with type 2 diabetes	Workshop 2 Getting the balance right	Workshop 3 Balancing life with diabetes	Workshop 4 Building a healthy lifestyle
Getting Started	20 mins	10 mins	15 mins	15 mins
Get Going	80 mins What is type 2 diabetes? Thoughts, attitudes and beliefs Annual review	90 mins Getting active Eating healthy Your thoughts and feelings	85 mins Sitting less Healthy snacks and fast foods Balancing stresses and pressure in life.	85 mins Building a better breakfast Building healthier meals Making a family plan
Lets go	20 mins	20 mins	20 mins	20 mins



Figure 1: Multi-disciplinary team involved in the development of the programme



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