The Diabetes Education Center's Developmentally Appropriate Diabetes Education (DADE) Project

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Barnett Family Practice and the Diabetes Education Center (DEC) Lancaster, SC

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- Dr. Smith, Dr. Morris, Dr. Still, Dr. Furse and the staff of Barnett Family Practice

The Problem:

- Diabetes is a problem in Lancaster County and South Carolina as a whole.
- The DEC is interested in better serving the pediatric population with diabetes
- The staff wishes to become more informed about certain age groups with diabetes and how to better relate to and educate them about diabetes

Project Aims:

- To compile information about the developmental characteristics of the 9-12 year old age group
- To educate the staff of the DEC about these characteristics to enable better teaching of diabetes to this age group
- Through these aims to increase effective teaching of diabetes care to children and caregivers in order to minimize adverse outcomes from poorly managed diabetes

Project Measures:

- To have positive educator interest after inservice on educating 9-12 year olds with diabetes
- To have educators feel better equipped to teach patients with diabetes in this age group
- To have educators feel comfortable using guidelines presented to relate to pediatric patients with diabetes

Changes For Improvement:

- More effective education for children with diabetes to improve care
- Drivers: Motivated staff of DEC to better serve pediatric patient population, the DEC being an excellent community resource, the 9-12 year old age group being a time of great change and laying a good foundation for the teen years
- Barriers: Staff has trouble relating to children and doesn’t feel prepared to relate to them, few interactions with pediatric patients currently but expected to increase

PDSA Cycle:

- Plan:
  - To create a handout with information about developmental characteristics of 9-12 year olds
  - To relate the developmental changes of this age group to diabetes care and management
  - To present this information to the staff of the DEC and poll them for feedback and willingness to make changes

PDSA Cycle:

- Do:
  - Information gathered from the staff of the DEC showed and interest in gaining more knowledge about the 9-12 year old age group for more effective diabetes education
  - A handout was created which provided the staff of the DEC with information about the developmental characteristics of 9-12 year olds
  - This information was related to age appropriate diabetes care in order to help the staff better educate their patients

PDSA Cycle: cont'

- Do:
  - An inservice was performed for the staff to relate the information and assist in relationships and education of pediatric diabetic patients
  - The center already had good educational materials and no new ones were discovered
  - Previously found STARBRIGHT game could be adapted to the 9-12 year old age group especially
  - Feedback on the materials and presentation was gotten from the staff of the DEC

Study:

- Staff felt more comfortable with idea of teaching 9-12 year olds after inservice
- Staff was receptive to suggestions on utilization of current teaching materials
- Staff answered in feedback questionnaire that their knowledge and comfort in teaching 9-12 year olds was improved by the inservice
- Staff said will utilize guidelines presented to teach pediatric patients about diabetes
- Staff said project was beneficial to their mission

PDSA Cycle:

- Act:
  - The project was determined to be worthwhile due to the positive feedback from the educators.
  - The staff appreciated my ideas on how to utilize their current teaching materials to relate to this age group
  - The next step is to try many of these materials and ideas on the patients themselves and gather feedback from them

Future Directions:

- To establish a relationship with various teachers in the community to learn how to teach certain age groups
- To use this connection to perform inservices for those teachers on how to relate to students with diabetes
- To continue to form relationships with pediatric diabetic patients to avoid adverse complications from diabetes and expand their patient population