

Abstract

Management of IDDM Among School Children

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The present study was undertaken to assess the knowledge of parents of school-age children (5-12 years) with Insulin Dependent Diabetes Mellitus (IDDM) and their adherence to the management regimen with a view to developing a self-instructional material for management of IDDM.

The Objectives

1. To determine the knowledge and regimen adherence of parents of children with IDDM pertaining to the IDDM management regimen.

2. To assess the association between knowledge of parents relating to home management and selected demographic characteristics (age, sex, residence, education, religion, occupation and income) of the children and of the parents.

3. To develop self-instructional material on IDDM management based on identified knowledge deficit and expressed learning needs.

This study was conducted in Paediatric Endocrinology Clinic where the Diabetic Nurse educators teach about the management of IDDM to parents of children with IDDM and to children with IDDM. The study was descriptive in nature. The sample consisted of the parents of school-age children with IDDM. Convenience sampling was used for the study. The sample consisted of parents of 30 school-age children with IDDM.

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A knowledge related home management questionnaire was developed to collect the data from the parents. Data were collected by administering the questionnaire which consisted of 47 questions in seven areas, namely, knowledge related to: 1. Disease, 2. Diet, 3. Testing blood sugar, 4. Injection Insulin, 5. Exercise, 6. Personal hygiene, 7. Prevention and identification of complication.

After collecting the data it was analysed statistically using both descriptive and inferential statistics.

The Major findings of the study were:

1. The majority of the parents (73.3%) had adequate knowledge in relation to overall aspects of IDDM management.

2. There was a significant difference between knowledge and educational level of parents of children with IDDM.

3. There was a significant difference between knowledge and occupation of parents.

4. Maximum knowledge deficit was found in personal hygiene.

Conclusion

Teaching given to parents of school-age children with Diabetes helped them to manage IDDM at home. Patients who come from low socio-economic status and low educational qualifications need more attention to aim for adequate knowledge. The majority of the parents had adequate knowledge regarding IDDM. Even then some were lacking in the aspects of diet, calorie intake and ex-

ercise regimen. Nurses taking responsibility of educating the IDDM children and their parents about diet in league with the Dietician in the Diabetic Clinic and Wards may improve the knowledge about the diet. Periodical determination of the knowledge of the IDDM children and their parents related to IDDM home management will make the necessary changes in the educational programmes.

The study emphasised on the need for developing teaching material which require parent and patient participation of one's own care so that children are made more responsible for their own health under the guidance of health professionals which is also the essence of the strategy to achieve the goal of 'Health for All by 2000 AD'.

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