The educational value of children’s support holidays organised by Diabetes UK

MD Sinczac1, MA Saeed2
2. Department of Diabetes, University Hospitals Birmingham NHS Foundation Trust, Birmingham, UK

Introduction and Aim

• The current estimated prevalence of type 1 diabetes in children in the UK is one per 700-1,000.1

• Diabetes UK organises yearly Children’s Support Holidays in order to help children learn to manage their diabetes more independently.2

• The aim of the study was to evaluate the impact and educational effectiveness if one of the holidays on children’s confidence and independence in managing their diabetes.

Results

• While most children (96.4%, n=27) initially felt confident about monitoring their own capillary blood glucose levels, 67.8% (n=19) felt unable to administer their own insulin, which improved to 92.8% (n=26) by the end of the week.

• 50% of children initially felt uncomfortable sharing their diagnoses with others, which decreased to 32% (n=9) by the end of the event.

• Ability to carbohydrate count improved from 28.6% (n=8) to 67.8% (n=19) during the event.

• 92.8% of the children felt that they could manage their diabetes more independently by the end of the holiday

• The children felt very positive about making new friends, and enjoyed the activities at camp

• Most (82.1%) would like to return, and 92.8% would recommend the holiday to others.

Conclusions

• This study highlights that Children’s Support Holidays are a valuable educational and social experience for children living with diabetes.

• Diabetes UK should offer such opportunities to a greater number of children each year.

“This holiday has changed my daughter’s life. This is the best decision I have ever made. My previously dependent daughter is now injecting herself and managing her own diabetes.”

Mother of a child2

Methods

• 28 children at a Children’s Support Holiday in Calshot were asked to answer yes, no, or maybe to a series of questions about diabetes and its management before and after the holiday.