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

MD Sinczak¹, MA Saeed²
2. Department of Diabetes, University Hospitals Birmingham NHS Foundation Trust, Birmingham, UK

Introduction and Aim

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

• The aim of the study was to evaluate whether such holidays have an educational value for adult volunteers.

Results

• Of the 17 volunteers, 8 had a medical background and 7 lived with diabetes, which would indicate an overall high level of experience with diabetes.

• However, a majority initially responded with poor or moderate confidence levels with regards to insulin administration (64.7%, n=11), and carbohydrate counting (70.6%, n=12) which decreased by the end of the week to 17.6% and 29.4%, respectively.

• Ability to adjust pumps improved from 41.2% (n=7) to 52.9% (n=9), and confidence in managing pump malfunction increased from 29.4% to 47.1%

• All of the volunteers reported to have enjoyed the social interactions and activities, and would like to return to a similar holiday in the future.

Conclusions

• This study highlights that Children’s Support Holidays are a valuable educational and social experience for adult volunteers.

• Volunteering opportunities for Diabetes UK should continue to be publicised, especially amongst the medical community.

Methods

• 17 volunteers at a Children’s Support Holiday were asked to answer questions about diabetes and its management at the beginning and end of the holiday.

• Answers were ranked 0-5, with 0-1 being assessed as poor, 2-3 as moderate, and 4-5 as high levels of confidence.

References


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Email Contact: Philip McCulloch (Children’s Events Manager) — Philip.McCulloch@diabetes.org.uk