



CHOC Children's S.M.A.R.T.I.E.S. 

The Diabetes Education Program at CHOC Children's Hospital
 Smart Kids Managing And Regulating Their Insulin, Eating/Exercise and Sugars
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Introduction


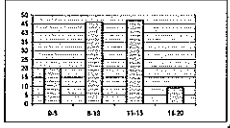
- Origins of an educator
 - Tree House Story 
- Motivators
 - Kelly and Katy
 - Tree House Moments
 - Creating, "Borrowing", Adapting, Re-creating, Brainstorming, Collaborating, Gleaning Ideas

Objectives

- By end of the session, participants will be able to:
 - State the rationale for early diabetes education of children/families with new onset of diabetes
 - Describe how to adapt the AADE 7 for pediatrics
 - Identify benefits and challenges of teaching mixed ages
 - Participate in and /or observe learning activities used to teach children/teens
 - Experience a tree house moment for your own program

CHOC S.M.A.R.T.I.E.S. 2012 Stats


- Context - 15,000 children diagnosed yearly with DM1
- 122 new CHOC SMARTIES
- 111 – DM 1
- 11 – DM 2
- 60 girls
- 62 boys


Overview of Process

<ul style="list-style-type: none"> • Admission to CHOC • Survival Skills –one on one <ul style="list-style-type: none"> • RN, CDE • RD, CDE • SMARTIES Class <ul style="list-style-type: none"> • Parents Skills Class <ul style="list-style-type: none"> • DSME • PADRE RESOURCES • RESEARCH OPPORTUNITIES • Kid's Class <ul style="list-style-type: none"> • DSME Kid Style • 1st follow up with provider 	<ul style="list-style-type: none"> • 2nd follow up with provider • CHO Counting Class • Advanced Skill Class • Q 3mos. visits with Diabetes Team • PADRE CLASSES <ul style="list-style-type: none"> • Caregivers Class • Pump Classes – Basic and Advanced • Shot Class • Driving • College Prep (Risky Behavior) • Girl's Rock (preconception) • Celiac Support
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Our Team



Our Team – End of Week



Evolution of a Program

- If you build it...they will come
 - If they don't/won't, change it up so they will...
- 2006 – Death by Power Point replaced by Learning Stations. Families all together
- 2007 – Interactive learning games with families
- 2009 – Paired the classes with the first provider follow up – 99% attendance. Started the Kid's Class. Beginning of SMARTIES
- 2010 to present – new games, learning tools, ice breaker crafts, Bogey....

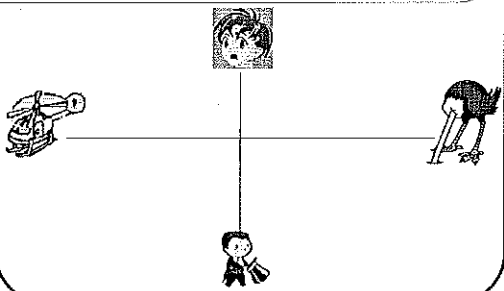
Benefits of New Onset Education

- Early "buy in" Protection
 - Northam, et al (2005) – "The improvement in metabolic control was strongest in the group with a shorter duration of diabetes, suggesting that earlier intervention, prior to the development of entrenched difficulties around diabetes management, may be more effective."
 - MacDonald, et al (1993) – Important for patients to acquire "proper habits" in first few months. "The most successful diabetes management is associated with the earliest possible contact with a specialized program."
 - Miller, et al (2012) – Suggests that better management via monitoring and insulin administration has greatly improved the life expectancy of people with type 1 diabetes. (compared cohorts in the 50's to mid 60's with those from mid 60's – 80's).

Benefits of New Onset Education

- Retention/solidification of hospital survival skills
- At diagnosis parents are "grieving the loss of the idealized child" (Northam)
- "Parents are attempting to find middle ground between uninformed carelessness and frantic over-solicitude" (Northam)
- Kids - "like being in a fog" and getting poked a million times (Schmidt et al, 2012)

Helicopter parents vs the Ostriches



Components of "Kidifying" the AADE7

- Make it FUN
- Keep it MOVING
- More DOING less talking
- Total group INTERACTION
- Keep it REAL, HONEST, PRACTICAL
- Use VKT (visual, kinetic, tactile) techniques
 - Big Dog & Little Dog's Performance Juxtaposition website
- Tap into their IMAGINATION
- Help them PICTURE IT
- YOU ARE STRONG & YOU CAN DO THIS!
 - (Chaney et al, 2011) (Schmidt et al, 2012)

Benefits and Challenges Mixed-Age Group with Siblings

- **BENEFITS**
 - Bonding/acceptance
 - Siblings feel included
 - Resembles the family settings
 - Older ones help the younger ones
 - Variety is spice of life
- **CHALLENGES**
 - Teaching skills stretched
 - Maturity gaps
 - Flexible teaching plan
 - Need more staff
 - Variety is exhausting


(teachernet.gov.uk)

Let's Get Creative ! Hand's On Activities to Try

- Learning pathophysiology
- Onset, peaks, duration of insulins
- A1C
- Complications

Wrap Up and Questions

Go Get In Your Tree House



A black and white line drawing of a tree house. The tree house is built on a thick, dark trunk. It has a gabled roof with horizontal lines representing wooden planks. A person is visible inside the tree house, looking out. The tree has several branches with leaves extending from the sides of the tree house.