Providing Workshops for Families with Type 1 Diabetes

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Purpose

• To evaluate the effectiveness of workshop/support groups for children with type 1 diabetes, their siblings, and parents.
Participants

• Children with type 1 diabetes
  – 3 males, 4 females: ages 5-12 (M=8 years); diagnosed with diabetes 1 to 7 years (M=4 years)

• Siblings
  – 8 males, 6 females: ages 1-13 years

• Parents
  – 7 males, 7 females: ages 30-51 years (M=38 years)
Methods

• Three simultaneous workshops/support groups
  – One for children with T1DM, one for siblings, one for parents

• Held monthly for four months
Parent Support Group Topics

• Dealing with schools, health care system, and community
• Parenting issues, diabetes management challenges, child behaviors
• Siblings, extended family, and friends
• Physical management of diabetes, future of diabetes, current research
Child Workshop Topics

• Management of T1DM
• Dealing with hypo- and hyperglycemia
• Coping skills
• Feeling different or alone
Workshop Methods

• Hands-on participatory activities
  – Play-doh
  – Puppets
  – Dress up
  – Tug-of-war
  – Storytime
Results

• Positive response
• Children identified importance of interacting with other children with T1DM
  – Normalized T1DM
• Parents stated helpfulness of hearing how other parents worked through difficult situations
Results (Continued)

• Parents reported:
  • Child with T1DM was more interested in performing diabetes management tasks
  • Child with T1DM had a better attitude about diabetes
  • Siblings expressed more interest in learning about T1DM
Clinical Implications

• Interactions with others living with T1DM allowed participants to feel:
  – Less alone
  – More supported
  – Better able to address challenges and concerns
Future Research

• Evaluate the effect of long-term, ongoing workshops/support groups on:
  – Family conflict in relation to T1DM
  – Hgb A1C levels
Questions?