

## **Nurse Day Care for Children with Diabetes**

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## **ABSTRACT**

Nurse daycare for children with diabetes plays a crucial role in managing their condition and promoting their well-being. This review explores the role of nurse-led daycare in the care of children with diabetes, focusing on the challenges faced, interventions implemented, and outcomes achieved. Evidence-based strategies and best practices in nurse-led daycare for children with diabetes are discussed.

**Key word:** Diabetes, day care, children.

## **Introduction**

Children with diabetes require comprehensive and specialized care to manage their condition effectively. Nurse-led daycare programs provide valuable support and resources for children with diabetes and their families, helping to optimize their health outcomes and quality of life.

## **Challenges in Diabetes Care for Children**

### **1. Disease Management**

Children have characteristics and needs that dictate different standards of care. The management of diabetes in children must take the major differences between children of various ages and adults into account. For example, insulin doses based only on body size are likely to be incorrect; the consequences of hypoglycemic events are distinctly different between adults and children; risks for diabetic complications are likely influenced by puberty; and the targets of education need to be adjusted to the age and developmental stage of the patient with diabetes and must include the parent or caregiver. In

caring for children with diabetes, professionals need to understand the importance of involving adults in the child's diabetes management. Young children, including school-aged children, are unable to provide their own diabetes care, and middle school and high school students should not be expected to independently provide all of their own diabetes management care. Thus, the education about how to care for a child and adolescent with diabetes must be provided to the entire family unit, emphasizing age- and developmentally appropriate self-care and integrating this into the child's diabetes management(1) Managing diabetes in children requires close monitoring of blood glucose levels, insulin administration, dietary management, and physical activity(2).

### **2. Psychosocial Support**

In younger school-age children, there have been reports of an increase of depressive symptoms after the first year of diagnosis. Over time, anxiety symptoms seem to decrease in boys but increase in girls (3). Despite the fact that many children and adolescents cope well with the demands of diabetes, there is a proportion that might end up having serious psychological problems including eating disorders and depression and experiencing recurrent ketoacidosis(4). Harris and Lustman report that approximately one-third of patients with diabetes have diagnosable psychological problems at some point during their lifetime (5). Children with diabetes may experience psychosocial challenges, including stress, anxiety, and

social isolation, which can impact their overall well-being(6)

### **Role of Nurse-led Daycare**

#### **1. Comprehensive Care**

Nurse-led daycare programs offer comprehensive care, including diabetes education, insulin administration, blood glucose monitoring, dietary counseling, and psychosocial support(7).

**2. Family Education and Support:** Nurses provide education and support to children with diabetes and their families, empowering them to manage the condition effectively at home.

**3. Transition Support:** Nurse-led daycare programs help children with diabetes transition from pediatric to adult diabetes care services, ensuring continuity of care and support (8).

### **Outcomes of Nurse Daycare**

#### **1. Improved Glycemic Control**

Nurse-led daycare programs have been associated with improved glycemic control and reduced risk of diabetes-related complications in children(9)

#### **2. Enhanced Quality of Life**

3. Children who participate in nurse-led daycare programs report better quality of life, improved psychosocial well-being, and increased confidence in managing their diabetes(10)

### **Conclusion**

Nurse daycare plays a crucial role in providing comprehensive care and support for children with diabetes. By offering education, counseling, and psychosocial support, nurse-led daycare programs help children with diabetes and their families manage the condition effectively and improve their overall quality of life.

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