

EDUCATIONAL AND TRAINING PROGRAM FOR DIABETIC CHILDREN

THESIS

Submitted in Fulfillment for
The Ph.D. Degree in Childhood Studies (Medical Department)

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1993



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

﴿ سُبْحَانَكَ لَا عِلْمَ لَنَا إِلَّا مَا عَلَّمْتَنَا إِنَّكَ أَنْتَ الْعَلِيمُ الْحَكِيمُ ﴾

صدق الله العظيم

| البقرة : ٣٢ |



To My parents

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ACKNOWLEDGEMENT

I would like to express my sincere feeling of gratitude and indebtedness to my eminent **Prof. Dr. Saadia M. Bahader**, Professor of Developmental Psychology Institute of Post Graduate Childhood Studies, Ain Shams University, for her valuable advice, constructive criticism, true encouragement, continuous guidance, and keen interest in the progress and accomplishment of this work.

It is indeed my pleasure and honour to express the most sincere gratitude to my eminent **Prof. Dr. ZENAB BISHRY**, Professor of Psychiatry and Neurology, Faculty of Medicine Ain Shams University, To whom I am indebted for her kind help and careful guidance during this work.

My deepest thanks, sincere respects and grateful acknowledgment to **Dr. OMAR EL SHOUBAGY**, Lecturer in Institute of Post Graduate Childhood Studies, Ain Shams University for his true and sincere help during every step in this work. His generous attitude and help is much appreciated.

My thanks are extended also to all members of out-patient clinic at Diabetic Institute.

Finally, I would like to thank all the innocent children on whom I had applied this study and from whom I learned a great deal hoping that this work might be of help in relieving some of their agony.

Soad M.M. Hassan

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LIST OF ABBREVIATIONS

CNS:	Central nervous system.
DBW:	Desired body weight.
DSM I:	Diagnostic and statistical Manual Mental disorders in the American Psychiatric Association (1952) first edition.
DSM II:	Diagnostic and statistical Manual Mental disorders in the American Psychiatric Association second edition.
DSM III:	Diagnostic and statistical Manual Mental disorders in the American Psychiatric Association third edition.
GAS:	General adaptational syndrome.
GCK:	Gastrin cholecystokinin.
G/Hb:	Glycosylated Haemoglobin.
HLA:	Human Leucocytic antigen.
HS:	Highly Significant.
ICA:	Islet cell antibodies.
IDDM:	Insulin Dependent Diabetes Mellitus (Type I diabetes).
IQ:	Intelligent Quotient.
LDL:	Low Density Lipoprotein.
NIDDM:	Non Insulin Dependent Diabetes Mellitus (Type II diabetes).
NPH:	Neutral protamine Hagedorn.
NS:	Non Significant.
P/S:	Polyunsaturated to saturated ratio.
PZI:	Protamine Zinc Insulin.
S:	Significant.
WHO:	World Health organization.

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Introduction and Aim of Work

INTRODUCTION AND AIM OF WORK

Introduction

In non-communicable disease as diabetes mellitus, primary prevention is difficult due to the multifactorial causation and the presence of unknown items in the process and course of the disease. Thus, secondary prevention has the upper hand in the disease control.

Early diagnosis and prompt treatment are the corner stone to avoid or prevent variable complications. In addition, education and training on the regular management at home are so important points that help the diabetic to live a nearly normal life with minimal frequency of complications.

This is most important in the younger age groups [Children] and their families as, increasing the level of education and knowledge about the disease for both children and their families has a direct impact on the control of diabetes.

Aim of Work

The aim of this work is to teach the diabetic children and their families important skills about their diseases that will help them to keep the diabetic child as free as possible [most of his time] from symptoms of hyperglycemia, and to minimize the frequency of hypoglycemia, ketosis, or other complications of diabetes.

Review of Literature