

Parental Awareness regarding Care of their Children Suffering from Diabetes Mellitus

Thesis

Submitted for Partial Fulfillment of the Requirements
for Master Degree in Pediatric Sciences

By

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List of Abbreviations

<i>Abb.</i>	<i>Full term</i>
AAP	: American Academy of Pediatrics
ACOP	: American College Of Physician
ACE	: Angiotensin Converting Enzyme
ACR	: Albumin-to-Creatinine Ratio
ADA	: American Diabetes Association
AER	: Albumin Excretion Rate
BGLs	: Blood Glucose Levels
BP	: Blood Pressure
BMI	: Body Mass Index
BSLs	: Blood Sugar Levels
BVs	: Blood Vessels
BUN	: Blood Urea Nitrogen
CDC	: Centers for Disease Control and Prevention
CF	: Cystic Fibrosis
Cr	: Creatinine
CS	: Cushing Syndrome
CVR	: Cardiovascular Risk
DAFNE	: Dose Adjustment For Normal Eating
DCCT	: Diabetes Control Complications Trial
DKA	: Diabetic Keto Acidosis
DM	: Diabetes Mellitus
FDA	: Food and Drug Administration
GD	: Gestational Diabetes
GDM	: Gestational Diabetes Mellitus

GIT	: Gastro Intestinal Tract
HB	: Hemoglobin
HbA1C	: Hemoglobin A1C
HCT	: Hematocrit test
HLA	: Human leukocyte antigen
IDDM	: Insulin-Dependent Diabetes Mellitus
IDF	: International Diabetes Federation
IFG	: Impaired Fasting Glucose
IGT	: Impaired Glucose Tolerance
IUGR	: Intrauterine Growth Retardation
LADA	: Latent Autoimmune Diabetes of Adults
IV	: Intravenous
LDL	: Low density lipoprotein
LOC	: Level of Consciousness
MDIs	: Multiple Daily Insulin Injections
MGD	: Maternal Gestational Diabetes
MMDM	: Malnutrition Management related Diabetes Mellitus
NCEP	: National Cholesterol Education Program
NDEP	: National Diabetes Education Program
NDIC	: National Diabetes Clearing house
NGT	: Normal Glucose Tolerance
NIDDM	: Non-Insulin Dependent Diabetes Mellitus
NIHCE	: National Institute for Health and Clinical Excellence
NPO	: Nothing Per Os
NPH	: Neutral Protamine Hagedom (type of insulin)
SD	: Standard deviation
SMBG	: Sample Measurement of Blood Glucose

SMBG	: Self-Monitoring of Blood Glucose
T1D	: Type 1Diabetes
T2D	: Type 2Diabetes
TSH	: Thyroid Stimulating Hormone
TV	: Television
WHO	: World Health Organization

ABSTRACT

The **aim** of this study was to assess parent's awareness regarding care of their children suffering from diabetes mellitus. **Research design** A descriptive design was used. **Setting** this study was conducted at the Endocrinology Outpatient Clinic at Pediatric Hospital affiliated to Ain Shams University. **Subject** a purposive sample that composed of 50 children from both sex regardless their age and education level, was suffering from diabetes and their parents attended in the previously mentioned setting over 6 months period. **Tools** of data collection involved. Pre-designed questionnaire sheet to assess parents awareness about diabetes mellitus. **Results** the main results of the current study showed that Less than half of the studied sample had good score of awareness also near one third had average score of awareness while quarter of them had poor score of awareness regarding to care of their children suffering from diabetes mellitus. There was statistically significant differences between ages, level of education, residence, family history of diabetes attend training about care of diabetes, and their awareness regarding diabetes. **Conclusion** the current study concluded that parent's awareness regarding care of their children suffering from diabetes mellitus ranged from good to average and poor. concerning different aspects of the disease, especially regarding disease namely, etiology, ideal measurements, complications, follow up and management by life style modifications and treatment. Also there was statistically significant differences between ages, level of education, residence. **Recommendations:** This study recommended that: Education programme or counseling should be established as possible to parents in order to improve their level of awareness regarding care for their children suffering from diabetes mellitus. A multidisciplinary approach with involvement of physicians, dietitians, nutritionists, health educators, diabetic educators, social workers, and psychiatrists is highly recommended.

Key words: Diabetes mellitus, Awareness, parents, Endocrinology Outpatient Clinic

Introduction

Diabetes is a universal health problem affecting human societies at all stages of development, diabetes Mellitus (DM) does not have a single definition; it is a complex chronic disorder. Diabetes mellitus is a state of chronic hyperglycemia which may result from many environment and genetic factors (*World Health Organization, [WHO], 2011, Virginial & Classmeyer, 2015*).

Diabetes mellitus is a chronic illness with components of hormonal imbalance and alteration in Blood Vessels (BVs) and nerves has a marked impact on the wellbeing of individual groups and communities (*Rosenbloom & Silverstein, 2014*). Diabetes is a group of metabolic diseases characterized by hyperglycemia resulting from defects in insulin secretion, insulin action, or both. The chronic hyperglycemia of diabetes is associated with long term damage, dysfunction and failure of different organs, especially the eyes, kidneys, nerves, heart, and BVs (*American Diabetes Association, [ADA], 2016*).

The incidence of diabetes in children was 700, 000 children, from 7 million of all diabetic pediatric population in Egypt (*World Health Organization, [WHO], 2016*).