

# Psychosocial Impact of Diabetes in Children: Parent's Perspectives

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## Introduction

- Families play a critical role in management of Type 1 diabetes in children
- Parents forums provide opportunities for:
  - Education on diabetes
    - Equipping with diabetes management skills
    - Counselling and equipping with coping mechanisms for living with diabetes
    - Sharing experiences and peer learning

## Methods

### Participants:

- Parents and guardians of children enrolled on CDiC Programme at Kenya
- Diabetes Management and Information Centre
- Invited to attend a half-day parent's educational forum

### Group Discussions:

- Participants randomly assigned to discussion groups
- Each group assigned a discussion topic
- Group discussion of topic assigned
- Each group's responses documented
- Group responses reported back in plenary session
- Additional comments elicited during plenary session
- Responses collated and general themes identified

### Discussion Questions

- What was your initial reaction when told your child has diabetes?
- What effect has having a child with diabetes had on your family?
- What worries you most about your child with diabetes?
- Who do you go to or ask when you need help or information about how to assist your child?
- What would you like to know about how to help your child better manage diabetes?
- What changes have you seen in your child since they joined the insulin (CDiC) programme?

## Results



Interactive session: Group discussion

Table 1: Self-reported Participants' Characteristics (n = 117)

Characteristic	
Gender	39 Male:78 Female
Age range	19 to 70 years <b>Median:</b>
% With positive family history of diabetes	41%
% Living with diabetes	5%

Figure 1: Parent's/Guardian's Level of Education

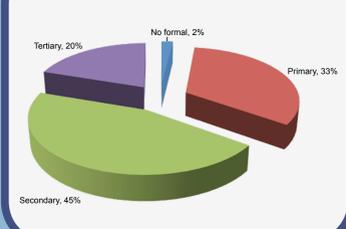


Table 2: Characteristics of children represented (reported by parents) (n = 108)

Characteristic	
Gender	Male 41% : Female 59%
Age range	2 to 23 years
Duration of diabetes (range)	One month to 14 years

Figure 2: Parent's/Guardian's Occupation

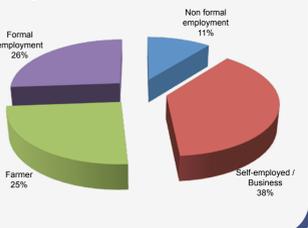


Table 3: Parent's Perceptions

Themes	Parent's/Guardian's Responses
Impact of Diagnosis of Diabetes	<ul style="list-style-type: none"> <li>• Initial disbelief, denial, gradual acceptance</li> <li>• Anxiety</li> <li>• Apprehension - lack of diabetes management skills</li> <li>• Financial impact of diabetes on the family</li> </ul>
Areas of Concern	<ul style="list-style-type: none"> <li>• Dangers of hypoglycaemia</li> <li>• Development of diabetes complications</li> <li>• Parent – child conflicts</li> <li>• Transition from parent to self-care</li> <li>• Stigmatization and lack of diabetes awareness in schools and rural communities</li> </ul>
Impact of CDiC Programme on Child and Family	<ul style="list-style-type: none"> <li>• Acceptance of diabetes by child</li> <li>• Improved diabetes self-management (child)</li> <li>• Enhanced self-confidence (child)</li> <li>• Decreased financial and emotional stress on family</li> </ul>
On-going Challenges	<ul style="list-style-type: none"> <li>• Management of hypoglycaemia/hyperglycaemia</li> <li>• Dietary choices</li> <li>• Wound and stress management in children</li> <li>• Access to credible sources of diabetes information</li> </ul>

## Conclusions

- Areas of concern of parents of children living with diabetes were identified
- Additional parent's forums are planned to address:
  - Psychosocial aspects of diabetes
  - Coping strategies
  - Diabetes management skills

## Acknowledgements

Novo Nordisk