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Teaching children with type 1 diabetes as a way to their life improvement

Diabetes affects most of the organs and systems, interrupts practically all kinds of metabolic processes. Children and teenagers are the special category of patients that require special attention from the doctors and nurses. According to the official data of the Medical Statistics Center of Ministry of health of Ukraine up to 01.01.2013 there are 8178 children aged from 0 to 17 suffer from the type 1 diabetes.

The main role in successful treatment of type 1 diabetes plays the patient him/herself. Teaching patients how to control the disease course is the main aspect of treatment because the use of medicine can be only “the loss of time and money”, if the patient is not trained. Without training the patient the rules of insulin therapy, self control, behavior it is not possible to have a good and long term disease compensation. The difficulties in self control training children with type 1 diabetes are connected with different psychological peculiarities that are caused by the age aspects of perception, acquiring information, behavior, interrelations in the family and surrounding society. The changes of child’s psychics are caused by the disease itself and limits.

The training of self-control and control of the disease with the nurse assistance is the key aspect of help to the kids and teenagers with type 1 diabetes. It requires its future development and improvement. That is why the role of nurses in self control training of children with type 1 diabetes is urgent and influences practical health care greatly. Patients, parents, family, school and kindergarten workers, diabetes clinics workers and doctors and nurses have to join their efforts to provide the multileveled diabetes regime.