

BACKGROUND

Lack of type 1 diabetic (T1D) education and support for pediatric patients and their families increases stress and anxiety. Providing a Virtual Support Group will enhance education options to reduce stress and anxiety and improve diabetic self-care practices.^{1, 2}

- Limited post-diagnosis education and support leads to excessive T1D patient and family stress and anxiety related to diabetes care.³
- Virtual Support Groups improve patient and family self-care behaviors and make education and support more accessible.¹
- Pediatric T1D patients require life-long education and care, especially as they develop and grow.⁴

METHODS

The Johns Hopkins Nursing Model was used as a framework.⁵

Deliverables were created to support this project.

- Project Presentation PowerPoint
- Virtual Support Groups Educational Topics
- Initial Diagnosis T1D questionnaire
- T1D Questionnaire – 3 and 6 months
- Patient Educational Handout
- Virtual Support Group Checklist

REFERENCES

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INTERVENTIONS

The following steps will be taken for project approval, implementation, and evaluation.

- Step 1: Achieve buy-in from stakeholders.
- Step 2: Complete staff education and training on the Virtual Support Group
- Step 3: Begin implementing the project; the initial questionnaire and first virtual support group started
- Step 4: Complete questionnaires at 3 and 6 months during implementation
- Step 5: Compile data and evaluate assessment findings.



Pinabay (2024). Diabetes, blood sugar, diabetic image [Image]. <https://pinabay.com/photos/diabetes-blood-sugar-diabetic-528678>

IMPACTS

- Supportive and accessible T1D patient and family education.⁴
- Reduce stress and anxiety in T1D patients and their families over the first 6 months post-diagnosis.³
- Development of self-care practices in T1D patients and their caregivers.^{1, 2}
- Provide enhanced support to T1D patients and their families over the first 6 months post-diagnosis.^{4, 6}
- Connect with other T1D patients and families, providing peer support.²
- Easier access to T1D educators and experts over the first 6 months post-diagnosis.⁴



Freepek (2023). Diabetes flat composition medical with patient symptoms complications blood sugar meter [Image]. https://www.freepek.com/free-vector/diabetes-flat-composition-medical-with-patient-symptoms-complications-blood-sugar-meter-treatment-medication_6895543.html#q=2&query=diabetes&position=8&from_view=vector&track=diabetes&id=7728e01_428f-44df-9855-48ea85a2269

CONCLUSIONS

- T1D pediatric patients and families will receive quality structured education during the first 6 months post-diagnosis.^{3, 6}
- Improved T1D outcomes will be achieved.^{2, 7}
- Life-long support services to T1D patients and their families.⁴
- Reduced T1D patient and family T1D-related stress.³
- Data from project questionnaires can be used to assess virtual support group success and patient well-being.