

	treatment
Reinforce the importance of keeping the blood sugar within a target range.	To keep blood glucose levels stable
Discuss when to contact the doctor, including fever for 2 days, vomiting and diarrhea, unable to keep fluids down, and glucose levels above target range.	To ensure prompt and appropriate treatment
Discuss that exercise and increased activity will affect blood glucose levels, so increased monitoring will be necessary.	To keep blood glucose levels stable

## Expected Outcome

Tommy and his parents will understand the signs and symptoms of high or low blood sugar levels and will understand the actions needed when this occurs. His parents will be prepared to manage help Tommy manage his disease at home.

## Child and Family Education

Several organizations are prepared to assist with education and dissemination of knowledge about diabetes. The American Diabetes Association,<sup>\*</sup> Canadian Diabetes Association,<sup>†</sup> Juvenile Diabetes Research Foundation International,<sup>‡</sup> and American Association of Diabetes Educators<sup>§</sup> are valuable resources for a wide variety of educational materials. The National Institute of Diabetes and Digestive and Kidney Diseases<sup>¶</sup> publishes a number of comprehensive annotated bibliographies, including “Educational Materials for and About Young People with Diabetes,” a compilation of resource materials for children, siblings, parents, teachers, and health professionals, and “Sports and Exercise for People with Diabetes.”

## Medical Identification

One of the first things the nurse should call to the parents' attention is the need for the child to wear some means of medical identification. Usually recommended is the Medic-Alert identification, a stainless steel or silver- or gold-plated identification bracelet that is visible and immediately recognizable. It contains a collect telephone number that medical personnel can call around the clock for medical records and personal information.

## Nature of Diabetes

The better the parents understand the pathophysiology of diabetes and the function and action of insulin and glucagon in relation to