

THE BURDEN OF HAVING DIABETES. AN OVERVIEW OF CHILDREN'S NEEDS AND WORRIES.

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Objective: To identify children's needs and worries about living with diabetes.

Methods: Children and adolescents aged 6-16 years with type-1 diabetes, attending diabetes summer camps were eligible. Those who agreed to participate filled in a questionnaire about living with diabetes. The survey was conducted July-September 2006 in 19 diabetes summer camps all over Spain.

Results: A total of 414 questionnaires were completed and validated. Children's median age: 12 years. Median diabetes evolution: 5 years. **Family & friends:** Onset of diabetes had no impact on family relationship (77%); 26% hide diabetic condition; 13% felt some rejection because of diabetes; 32% suffered disparaging comments from colleagues; however 77% said colleagues understood their condition. **School:** Children were attending public (65%) subsidised (20%) and private schools (13%); most of them were Spanish nationals 95%. Adaptation to school life was good before (77%) and after diabetes was diagnosed (76%); teachers (92%) and colleagues (91%) knew about their diabetes condition; support came from teachers (60%) and colleagues (79%); 94% performed physical exercise and 89% excursions. **Treatment:** 97% performed self-injections and 96% self glucose monitoring; 25% expressed annoyance at injections; nearly 100% carry sugar-like products around with them; 34% had at least another chronic illnesses apart from diabetes; 21% had visited a psychologist due to diabetes. **Worries:** Children aged 13 and over expressed worries relating mainly to social life, future health, and job access. There were significant differences according to sex, age, and duration of condition.

Conclusions: Diabetes diagnosis did not have a negative impact on family relationship nor on school performances; children showed adequate training on diabetes self-management; approximately 25% displayed problems in social adjustment and worries about their future life with diabetes. Psychological support should be part of diabetes treatment.