



Record Sheet for patients aged 0–5 years

Name:

Instructions for use:

Use this sheet to log the level of knowledge and skill of parents or children (at the older age range, depending on when they were diagnosed).

Competency in achieving goals is defined as follows:

Fully achieved: The patient or parents/carers demonstrate complete competence and confidence in fulfilling the educational goal outlined in the first column.

Partially achieved: The patient or parents/carers have a partial understanding and/or some level of confidence relating to the educational goal.

Educational Goal	Fully Achieved (Yes/NA)	Partially Achieved (Yes/NA)	Goals to work towards		Date & Signature
			Goal	Review date	
Diabetes Knowledge					
It is understood that parents/carers are responsible for taking care of their child's diabetes, but the child may choose to be involved in some aspects, with their close supervision.					
Depending on age, children may be able to state in their own words:					
They have diabetes.					
Their body needs insulin every day.					
They have to have injections or wear an insulin pump.					



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Diabetes Knowledge					
Depending on age, the child may know that:					
They will always have diabetes.					
It is not their fault or anyone's fault they have diabetes.					
Diabetes is not catching (contagious).					
Food Parents/carers should:					
Offer regular set meal and snack times for good food routines.					
Offer small, age appropriate nutritious meals.					
Know strategies to manage food refusal if required.					
Provide a children's vitamin supplement.					
Limit sweets/chocolate/sugary treats.					
Carb count meals and snacks at home and in childcare settings.					



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Food Depending on age, children may:					
Ask an adult before taking/eating food.					
Know they need insulin at meal/snack times.					
Be offered and encouraged to try a wide variety of food.					
Exercise: Parents/carers should:					
Create opportunities for a minimum of 180minutes (3 hours) activity per day.					
Know how to make insulin reductions or increase glucose targets if required.					
Provide extra carbohydrate snacks for activity if required.					
Know that target glucose is 7-10mmol/L before exercise.					
Know the child should not exercise if ketones are above 1.5mmol/L					
Depending on age, children may:					
Know they might need a snack before exercise.					
Enjoy being active.					
Know that diabetes will not stop play, but to report if they feel unwell or 'funny'.					



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Insulin:					
Parents/carers should:					
Know how to operate any insulin pump worn by the child.					
Know how to give an insulin injection, routinely or in case of pump failure.					
Know how to share insulin pump data with the diabetes team (if applicable).					
Depending on age, children may know:					
An adult will give their insulin via injection or insulin pump.					
They need to wear their insulin pump (if applicable) most of the time.					
They need insulin injections with their food (if applicable).					
To count to 10 after the insulin injection (if applicable).					
Technology:					
Children can start to read out glucose numbers on glucose sensors					
Children can start to identify appropriate cannula and sensor sites					



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Glucose Monitoring: Parents/carers should:					
Know how to operate any sensor technology worn by the child.					
Know how to change the sensor (if applicable).					
Know what the alarms and arrows mean and how to respond.					
Know how many glucose checks should be done daily if a sensor is not worn.					
Depending on age, children may know:					
They need to wear their sensor (if applicable) most of the time.					
They may need blood glucose checking with a finger prick device.					
That different fingers are used for checking blood glucose values.					



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Glucose Monitoring: Depending on age, children may know:					
They should tell an adult if they hear a sensor alarm (if applicable).					
Low Glucose Level (Hypoglycaemia - 3.9mmol/L or less) Parents/carers should know:					
At what glucose level they would treat a hypo.					
How much hypo treatment is appropriate for their child.					
When to use a glucagon product e.g Glucagen or Ogluo.					
Depending on age, children may:					
Tell an adult if they do not feel well.					
Tell an adult if they hear a sensor alarm (if applicable).					
Know they need a sugary drink or tablets or treatment if told by an adult.					



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High Glucose Level (Hyperglycaemia - 10mmol/L or more) and Illness Parents/carers should know:					
What glucose level is considered high, needing action.					
At what glucose levels they should check ketones.					
What ketone level is considered high, needing action.					
Never stop insulin during illness.					
To ring the diabetes team for help if unsure during illness.					
Emotional Wellbeing Parents/carers should know:					
That their own mental and emotional health is important in being able to care for their child.					
Diabetes psychology services are available to them, not just their child.					



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Emotional Wellbeing Depending on age, children may:					
Wish to talk about their diabetes.					
Meet other children with T1 diabetes or watch video resources of other children with T1 diabetes.					

Record any other education provided or notes here:



Authorisation date:

Date of next revision

