

Managing children with diabetes within the family: Movement in the orbit of diabetes

Neda Mehrdad

Tehran University of Medical Sciences, Iran

Background: Diabetes is the disease of family and parents of children with diabetes face different problems which concerns meeting the developmental needs of children and daily control of children with diabetes.

Purpose: This article aims to explain how to manage diabetes around the child's life within the family.

Methods & Materials: In this qualitative study, data was collected through semi-structured interview technique and was analysed using Grounded Theory approach. The process of data collection was carried out by purposeful sampling. The participants included 18 individuals from 12 families. The research environment was health canters in Iran providing care to the families of children with diabetes. Data analysis was performed using Corbin and Strauss approach. Data was analysed with using MAXQDA software (version 10).

Results: The core category of "Movement in the orbit of diabetes" addresses the story of how to keep track of managing children with diabetes within the family which included Main categories "ride in the waves of care", "provision of diabetes backpack", and "movement focused on children with diabetes".

Conclusion: The outcome of "Movement in the orbit of diabetes" results capturing the control of diabetes. The findings of the present study may play an integral part to help households with practicing appropriate strategies for the management of children with diabetes.

nmehrdad@tums.ac.ir

Is promoting health literacy of patients a worthwhile endeavour for nurses? Reflections from observations of clinical encounters between nurses and patients with epilepsy in a chronic illness clinic in Cape Town

Mpoe Johannah Keikelame

University of Cape Town, South Africa

In South Africa, most patients with chronic illnesses who are also of low socio-economic background are seen by clinical nurse practitioners with the support from doctors in the public health sector. The majority of these patients have low levels of health literacy – and this may affect their understanding of their illness as well as their treatment. Therefore, nurses have a crucial role to play in promoting health literacy of patients under their care to enable them to self-manage their conditions and for improved health outcomes. Low health literacy pose some challenges for the health care system and a burden for nurses because of unnecessary follow up visits especially in the public health sector which is poorly resourced. This paper shares insights from observations of clinical encounters between Xhosa speaking patients with epilepsy and health care practitioners which were conducted in a chronic illness clinic that provides care for patients with epilepsy in Cape Town, South Africa. It highlights the importance of taking into consideration cultural factors that may affect health literacy of patients. It argues that there are opportunities to promote health literacy in any clinical encounter. The paper asserts that a collaborative multi-disciplinary team work can enable achievement of this objective. However, this can be done if nurses and other health care practitioners have skills in health literacy.

johannah.keikelame@gmail.com