

TELEHEALTH PROGRAM

EVALUATION REPORT ON TELEHEALTH SESSION *Diabetes Type One: Children and Adolescents* March 6, 2007

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The third Telehealth Session of the winter season was *Diabetes Type One: Children and Adolescents*, with Anne Bossy, BSc. N. and Evelyne Pytka, PDt., Nutritionist, both Certified Diabetic Educators. This 2-hour session was held Tuesday, March 6, 2007, from the Montreal Children's Hospital. The session was hosted by CAMI and was moderated by Jo Ann Jones. The session followed an interactive format, with regular question periods throughout.

The following are highlights of results:

- Communities: 5 communities, including 5 sites: CAMI, MCDC, Neighbors, Townshippers' Association and Vision Gaspé Perce Now.
- Number of participants: 24 people
- Number of professionals: none from healthcare and 1 from education *
- Number of completed evaluations: 90%
- Positive comments: that information was well presented, useful, and up to date and how the questions were thoroughly answered.
- Level of satisfaction: People agreed (on a scale of 4/5) that the presentation was helpful, interesting, met their expectations and that the resources were useful.
- New Partnerships: Neighbors formed partnership with Diabetic Association.
- Future follow-up actions: Neighbors is looking forward to the next session on Type Two Diabetes where they will have a nurse and dietician present as well as host a diabetic luncheon.

* It is also important to note that more than half the participants present have type one or two diabetes or have family members who are diabetic.

Due to inclement weather, CAMI had to leave the session prematurely.

When asked, "*What did you learn that is worth remembering for a lifetime?*" participants cited the following memorable quotes:

- “Eat well and that if you binge one day, there is no blame and always tomorrow to try again.”
- “If you think you have it, get checked.”
- “That I can use sugar in cooking.”
- “Exercise is very important and what you eat. Keep moving.”
- “What to give a person [with] low blood sugar.”
- “To watch my carbs.”
- “That sugar is just as good as a substitute.”
- “Don't use cookies for hypoglycemia.”
- “I learned things I didn't know about diet.”

Constructive feedback centered on:

- Technical glitches at the outset
- The presentation was too detailed for person not living with diabetes
- Not enough time for questions, a little difficult to ask questions

The question and answer format went smoothly, with each community asking questions such as: If there is a history of diabetes in your family, are there extra precautions that should be followed? What is being done in schools to avoid setting kids up for Diabetes? Is it possible to become immune to insulin used in youth? Is Type One Diabetes preventable?

Future topics requested by participants include: health care for the elderly, heart health, diabetes type two, and bone problems (osteoporosis).

Asked what more could be done in their communities around the issue of Type One Diabetes, participants cited the following:

- Support Group for Type One parents and kids
- Local information sessions
- Availability of more information to dispel myths
- Access to English speaking dieticians

The next Telehealth Session (selected by COASTERs), *Diabetes Type Two: Adults*, with Carmela D'Avella, Nurse, and Gilda Bastasi, Nutritionist, is scheduled for March 27, 2007.