

Care for Children with Type I Diabetes: Significance and Challenges of Providing Holistic Health Care for Young Children

Neelima Chopra

Centre for Early Childhood Development and Research, Jamia Millia Islamia, New Delhi
E-mail: neelima.chopra@yahoo.co.in

Abstract—Even though children with type I diabetes (T1D) comprise a small percentage of reported diabetic population in India, these numbers are significant. Additionally, being diagnosed with T1D is extremely stressful for the young children. Following a strict treatment and care regimen for management of diabetes is also a great challenge for their families. An ICMR funded research was thus undertaken with 100 children with T1D in the age group of 6-12 years, availing treatment in different government and private hospitals of Delhi. Using child friendly data collection techniques, the study aimed to understand the challenges and problems faced by young children in the management of their diabetic condition. Mothers of children with T1D were also interviewed to understand the care practices followed at home. The research paper elaborates the findings of the study and deliberates significant issues, in the Indian context, that make diabetes management demanding for both the children and their mothers. Based on the findings of the study, the paper also proposes that the care practices followed at home greatly influence the children's diabetic condition. The paper also puts forward the factors hindering the provision of holistic health for children with T1D in our country.

Keywords: Children with T1D, care for children with T1D, challenges faced by mothers and children, research with young children, child friendly research techniques.