

# Identifying needs in education for children aged 7-8 y and their parents

V David<sup>1</sup>, P Leger<sup>2</sup>, F You<sup>3</sup>, D Chevalier<sup>3</sup>, V Loppinet<sup>3</sup>, GETHEM<sup>4</sup>  
Cystic Fibrosis center of Nantes, France

<sup>1</sup>paediatrician, <sup>2</sup>psychologist, <sup>3</sup>nurses, <sup>4</sup> national multidisciplinary group in charge of therapeutic patient education



## OBJECTIVES

- ❑ Patient education must be focused on patients' needs.
- ❑ We want to deeply examine the needs of children aged 7-8 y and their parents in order to propose collective or individual educative sessions, focused on their needs.

Example of an educative diagnosis realised by parents of a child aged 7

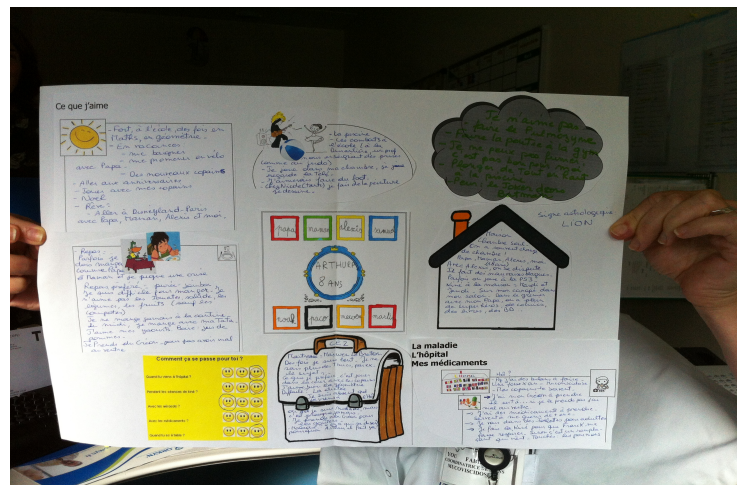
True/false questionnaire with degrees of certainty

## METHODS:

The establishment of these needs can be defined by an "educative diagnosis" (ED). For the children, it is a playful and interactive interview, generally conducted by a psychologist. For the parents, it is a knowledge questionnaire associated with an interview mostly open-questions based. The questions asked during the ED were established by the national multidisciplinary group in charge of therapeutic patient education, including patients and parents: GETHEM



Example of an educative diagnosis realised by a 7 years-old child

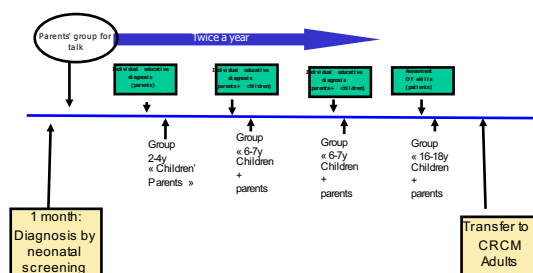


## OPEN-QUESTIONS (English version)

- ✓How do you explain to your child the necessity to regularly come at the hospital ?
- ✓Does your child know the name of his (her) disease ?
- ✓On which occasions do you talk with your child about his/her disease ?
- ✓Do you talk about the disease with others ?
- ✓Has your child already gone without you? If yes, how did that happened ?
- If no, do you consider ?
- ✓How's your day with your child ?(circle smiley):
  - At school
  - At the hospital
  - During physiotherapy
  - During nebulisations
  - For taking drugs
  - During meals
  - Hygiene of hands
- ✓Are there any themes you prefer avoid ? With us ? With your child ?
- ✓Are there any themes you would like to discuss with us ?

Then, all parents and children, except those with multi-resistant bacteria, are invited to 3 collective educative sessions. Each collective session is organised on half a day, during the afternoon, along the scholar year

Center of reference for cystic fibrosis – Nantes – France (Cohort=100)  
Organization of therapeutic education for children and their parents  
Individual and collective sessions are alternatively organized



## RESULTS :

From June to September 2014, 9 EDs were conducted for 4 girls, 5 boys, 15 parents.

Following needs were identified:

- ✓For the children, it is often knowledge about drugs function. It's also about how they feel about their illness: how they can talk about it at school, for example.
- ✓For the parents, needs in education are psychosocial: how to leave his/her child, how to explain the illness to his/her) child. Knowledge about drugs are already acquired by most of parents

## CONCLUSIONS:

- The children enjoyed the educative diagnosis and the parents were satisfied too.
- Educative diagnosis allows collective sessions truly centered on the needs of children and parents.
- These collective sessions highlight exchanges between parents and between kids.