The story behind The Betes Club

A School Nurse identified the need for adolescents with DM1 to improve glyemic control. 
- One student was struggling with the burden of Diabetes.
- The nurse asked another student with DM1 to help by having lunch once a week.
- A mentorship was formed and the student felt less burdened.
- The nurse thought other students with DM1 would like to meet up.
- The nurse asked GMU and the Mason and Partners (MAP) Clinic to partner.
- MPS and MAP developed a strong relationship to serve the diverse population.
- A GMU student researched the identified need and a club was developed.
- The adolescents with DM1 named the club, “The Betes Club”
- Now adolescents with DM1 can reduce their burden together by learning DSME led by the school nurse with support from GMU and MAP clinic.

AIMS, PURPOSE & GOALS

Aims: Provide DSME that is evidenced based and supported by the American Diabetes Association to adolescents in middle school and high school in the form of an afterschool club led by school nurses.

Purpose: To offer a club for adolescents with Diabetes Type 1 (DM1) to establish an avenue for peer relationship building, mentoring, nurse-student interaction, and education that will increase knowledge of self-management techniques.

Goals:
- Develop a sense of belonging to the club and reduce the burden of Diabetes as one.
- One student was struggling with the burden of Diabetes.
- The nurse asked another student with DM1 to help by having lunch once a week.
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Diabetes Self Management Education (DSME)

The AADE 7 self-care behaviors of DM1, as defined by the ADA, include:
- Management of blood sugar
- Administration of insulin
- Appropriate food choices
- Regular exercise
- Healthy coping with support from family, friends and the health care team
- Problem solving
- Reducing risks

Diabetes education should be provided at various intervals, including:
- Diagnosis
- Annually
- With complications
- With transitions or changes

Lessons Learned

Findings:
- The Betes Club is an effective way for adolescents with DM1 to bond and share valuable information on how to manage Diabetes.
- Belonging to this group has created friendships that have evolved over time.
- At least 5+ students attend each meeting and actively participate.
- School Nurses are vital in helping children stay safe at school with their Diabetes.
- Mentorship provides students with real life answers to common questions and concerns.

Limitations:
- Resources are limited and funding is needed.
- The time frame for the club is after school, which may interfere with sports or other after school activities.

Recommendations:
- School nurses can set up DSME clubs at school or in a large school district.
- Parental involvement is imperative for the success of the student.
- Conducing OQL surveys at the start of the club and the end of the year will offer good evaluation criteria.
- Input must be received by the students for it to be a successful endeavor.

CLUB ACTIVITIES & BONDING

Activities:
- Baking sugar reduced muffins in consumer science classroom.
- Reading and understanding food labels with consumer science.
- How to make good food choices at a restaurant.
- How to pack a healthy lunch.
- Mobile phone apps that help with DM1 management.
- Carb counting and insulin ratios for various foods including home baked goods.
- Peer discussion about feelings related to life with diabetes.
- Mindfulness stress reduction.
- Peer sharing on blood sugar trends via continuous monitoring.
- Pumpkin carving and holiday crafts.
- Letter to a politician about the cost of insulin.
- Low carb Pizza making.

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GMU, MAP and MPS Partnership

The Bridge Care Model:

A Powerful Partnership between Academia and Community

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