

Impact of Youth Worker in reducing health inequalities and improving outcomes in Children and Young people with Diabetes

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Introduction: Children and Young people (CYP) with diabetes have individual emotional and social needs, appropriate support is critical to help manage their condition. Youth worker participation in Diabetes MDT team with their additional skills help to address the personal, social and emotional wellbeing of CYP affected by diabetes. Employing a youth worker as a part of Diabetes MDT enhances the healthcare experience for young people and ensures the young person’s voice is heard.

Objective: To assess the impact of a Youth Worker on diabetes care in Children and Young People (CYP) with type 1 diabetes over a 12-month period.

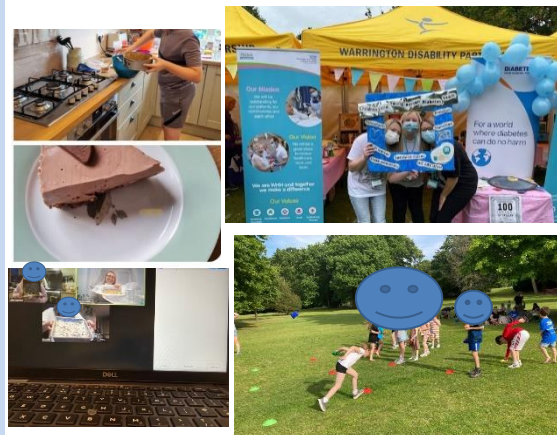
Methods

Quarter 1	Quarter 2	Quarter 3	Quarter 4
Recruitment, orientation and induction	Analyse clinic DNA, admissions and patients with high HbA1C	Virtual and community workshops	Feedback from service users
Building rapport with service users and MDT	Attend clinics with MDT and provide support to patients	Identify youth buddy champions	Data collection on ward admissions and patient engagement
Undertake baseline survey	Engaging with patients and partnership working	Work with schools and colleges	Analysis of data and collection of quality of life indicators

Results and impact of the youth worker

1/3 of all Paediatric Diabetes patient caseload have engaged independently with activities, support groups, 1:1 community visits, text support services, online activities, Youth Buddy Champion Programme, advocacy services.

- Increase in Young People attempting Diabetes Management technology
- The Youth Worker supported the children and young people with Diabetes engaging with the service resulting in improved experience and outcomes.
- Achieved 50% reduction in diabetes related admissions and DKA
- Reduction in clinic DNA from 6% to 4.48%
- Improved HbA1C in 7 out of 10 targeted patients
- The Youth Worker has been awarded the “Star of the Future” Award 2021 and the Paediatric Diabetes Team received silver award for the ‘Excellence in Patient Care
- Youth Worker now admin on the Health-Based Youth Worker Network Forum



Parent/Patient feedback

Young Person: The Youth Service helps me feel more confident knowing that there are other people my age going through the same thing.

Young Person: I love the Diabetes Youth Service because it makes me feel normal.

Parent 2: Chloe has been a breath of fresh air for us at a time we needed her. My daughter really responds to her. She’s taken part in the movie night and the meet up and it’s a good sense of community/belonging for her.