

Diabetes

Trawsgrifiad o'r sain. Transcript of the audio. English translation below.

Stori Hanna

Mae Hanna yn bedair mlwydd oed ac yn byw gyda'i theulu – mam, dad a dwy chwaer hŷn ar fferm deuluol.

Pan oedd hi'n 3 oed, yn y cylch meithrin, sylwodd staff y cylch bod Hanna yn fwy blinedig nag arfer ac yn gofyn am ddiod yn amlach. Cafodd arweinydd y cylch sgwrs gyda mam Hanna. Roedd hi hefyd wedi sylwi ar yr un pethau felly cafodd Hanna apwyntiad gyda'r meddyg teulu.

Wedi prawf gan y meddyg teulu, cafwyd bod gan Hanna beth oedd yn arfer cael ei alw'n 'clefyd siwgr' sef Diabetes Math 1.

Beth yw diabetes math 1?

Mae'n gyflwr cymharol brin, yn enwedig mewn plant ifanc iawn fel Hanna ond mae hefyd yn gyflwr sy'n gallu bod yn ddifrifol sy'n gofyn am ofal cyson a rheolaeth.

Yn syml, mae diabetes math 1 yn golygu bod lefel siwgr yn codi yn y gwaed a hynny am nad yw'r pancreas yn cynhyrchu digon o inswlin.

A beth yw inswlin?

Math o hormon yw inswlin sy'n cael ei greu gan y corff (drwy'r pancreas) er mwyn rheoli faint o glwcos sydd yn y gwaed.

Wedi i ni fwyta, bydd carbohydradau yn chwalu i glwcos a hynny sy'n rhoi egni i ni.

Mae'n broses mwy cymhleth na hynny ond mae hyn yn ddigon o wybodaeth wyddonol am y tro!

Mae'n hollbwysig fod y cyflwr yn cael ei reoli'n ofalus gan fod methu rheoli'r glwcos yn beryglus iawn.

Ddylai diabetes math 1 ddim atal Hanna rhag cael profiadau hwyliog a hapus yn y cylch meithrin.

Mae Hanna yn defnyddio pwmp inswlin i gadw golwg ar lefelau ei glwcos. Mae'r pwmp inswlin yn angenrheidiol i gadw Hanna'n iach ond yn ddigon disylw i beidio achosi teimlad o fod yn wahanol.

Sut mae'r cylch yn sicrhau bod Hanna yn cadw'n iach, yn saff, ac yn hapus – ac yn cael ei chynnwys ymhob dim?

Roedd pawb yn gytun ei bod hi'n bwysig iawn bod Hanna yn parhau yn y cylch meithrin. Ond bod rhaid cymryd gofal a derbyn hyfforddiant.

Roedd arweinydd y cylch wedi bod yn cysgodi'r rhieni am gyfnod er mwyn gweld yn union beth byddai angen iddyn nhw ei wneud.

Yna, cafodd pob aelod o staff y cylch hyfforddiant gan nyrs diabetes plant, y bwrdd iechyd lleol a rhieni Hanna.

Roedd yr hyfforddiant i bawb yn y cylch ac yn cynnwys:

- deall diabetes – yr arwyddion a'r driniaeth
- y pwmp inswlin – sut mae'n gweithio
- sut mae darllen a monitro'r lefel glwcos
- penderfynu a oes angen dwylo ychwanegol yn y cylch i gadw llygaid ar Hanna a'i lefel glwcos
- cynllunio cofnod diabetes: taflen i nodi gwybodaeth fel pa mor aml mae Hanna'n mynd i'r toiled, beth mae hi'n bwyta, beth yw lefelau glwcos...

Mae cadw nodiadau cywir a manwl ar Hanna yn y cylch meithrin yn bwysig iawn. Bydd hyn yn rhan o gynllun gofal Hanna. Dyw diabetes math 1 ddim yn gyflwr syml ac mae angen ei reoli'n ofalus.

Roedd staff y cylch yn teimlo ychydig yn nerfus gyda'r holl gyfrifoldeb ond roedden nhw'n dod yn fwy hyderus gan fod y staff proffesiynol a rhieni Hanna yn ymddiried ynddyn nhw. Ac roedd cyngor a help ar gael ar ben arall y ffôn os oedd unrhyw bryderon neu gonsyrn.

Gyda phob plentyn gydag unrhyw angen ychwanegol, mae help a chyngor proffesiynol ar gael ac mae rhieni yn bwysicach na neb er mwyn cael cyngor ymarferol.

Pwynt trafod

Pa addasiadau rhesymol byddai'r cylch yn gwneud er mwyn gwneud yn siŵr bod Hanna yn cael hwyl ar drip i'r goedwig? Oedwch y fideo i drafod.

A wnaethoch chi ystyried...

- Gofyn am ganiatâd rhieni Hanna – fel rhieni a gofalwyr pob plentyn. Byddwch yn gofyn eu cyngor hefyd gan holi, er enghraifft ar sut maen nhw'n paratoi ar gyfer trip teuluol.
- Rhoi gwybod i Amol, y nyrs arbenigol, bod y trip yn cael ei gynllunio (ble a phryd) a gofyn am ei gyngor.
- Sicrhau bod manylion cyswllt ar gael – rhifau ffôn ac yn y blaen.
- Cynnwys offer diabetes yn rhan o becyn Hanna. Gan fydd y plant allan yn yr awyr agored am rhai oriau, mae'n siŵr y byddan nhw'n fwy bywiog – rhedeg, dringo a chrwydro...R sicrhau bod yr offer diabetes yn rhan o becyn Hanna
- Hysbysu'r staff o anghenion Hanna - i ddeall sut a pha mor aml mae angen edrych ar bwmp inswlin Hanna.

- snacs ychwanegol yn y pecyn – rhag ofn bod angen triniaeth hypo brys

Fel arall, sicrhau bod Hanna a phob plentyn arall, yn cael amser gwych yn y goedwig.

Pwynt Trafod

Mae plant yn chwilfrydig am bwmp Hanna.

Maen nhw'n gofyn cwestiynau fel 'Beth yw hwnna?' 'Why has Hanna got that thingy..? Sut ydych chi'n ateb eu cwestiynau? Oedwch y fideo i drafod.

Mae'n bwysig iawn bod yn onest ac esbonio'n syml.

Gofynnwch i Hanna os yw hi'n fodlon esbonio iddyn nhw.

A beth am ofyn i Amol ddod i fewn i'r cylch i drafod diabetes gyda'r plant ac i ddangos sut mae pwmp inswlin yn gweithio.

Cofiwch. Mae gan Hanna yr un hawliau â phob plentyn: i chwarae, i gael barn, i urddas a phreifatrwydd, i gael hwyl. Nid yw diabetes yn amharu ar ei hawliau.

Hanna's Story

Hanna is four years old and lives with her family - her mother, father, two older sisters on a family farm.

When she was 3 years old, in the nursery, the staff noticed she was more tired than usual and was asking for a drink more frequently. The nursery leader had a chat with Hanna's mother. She too had noticed the same things, so Hanna got an appointment with the family doctor.

Following a test with the doctor, it was found that Hanna had what used to be known as 'sugar diabetes' which is Type 1 Diabetes.

What is Type 1 Diabetes?

It's a fairly rare condition, especially in young children like Hanna but it is also a condition that can be very serious and requires constant care and control.

Put simply, Type 1 Diabetes means that the sugar level in the blood rises because the pancreas cannot produce enough insulin.

And what is insulin?

Insulin is a hormone that is created by the body (in the pancreas) to control how much glucose is in the blood.

After we eat, carbohydrates are broken down into glucose and that is what gives us energy.

It's more complicated than that but that's enough science for now!

It's essential that the condition is controlled carefully as not controlling the glucose is very dangerous. Type 1 Diabetes should not prevent Hanna from having happy and fun experiences in the nursery.

Hanna uses an insulin pump to keep an eye on her glucose levels. The insulin pump is essential to keep Hanna healthy but also discreet enough not to cause the feeling of being different.

How does the nursery ensure that Hanna keeps healthy, safe and happy and is included in everything?

Everyone agreed that it was very important that Hanna remained in the nursery. But they needed to take care and receive training.

The nursery leader shadowed the parents for a while to see exactly what they would need to do.

Then, each member of staff received training from the child diabetes nurse, the local health board and Hanna's parents.

The training was for everyone in the nursery and included -

- understanding diabetes - the signs and treatment
- the insulin pump - how it works
- how to read and monitor the glucose levels
- deciding if an extra pair of hands was needed in the nursery to keep an eye on Hanna and her glucose levels
- planning a diabetes record: a sheet to record how often Hanna goes to the toilet, what she eats, glucose levels...

Keeping an accurate record on Hanna in the nursery is very important. This is a part of Hanna's care plan. Diabetes Type 1 is not a simple condition and it needs to be carefully managed.

The nursery staff felt a bit nervous with all the extra responsibility but they became more confident as the professional staff and Hanna's parents trusted them and there was help and advice available on the other side of the phone if there were any concerns.

Professional help and advice is available for any child with special needs and the parents are more important than any one for getting advice.

Discussion point

What reasonable adjustments would the nursery make to ensure that Hanna has fun on a trip to the forest? Pause the video to discuss.

Did you consider

- You have to ask Hanna's parents for permission of course - as you would with every child. You will ask for their advice as well and ask, for example, how they prepare for a family trip.
- Let Amol, the specialist nurse, know that the trip is being planned (where and when) and ask for his advice.
- Ensure that you have the contact details - phone numbers etc.
- As the children will be outdoors for several hours they are likely to be lively - running, climbing, exploring. You must ensure that the diabetes equipment is included in Hanna's pack.
- Inform the staff of Hanna's needs - to understand how and how often they need to check Hanna's insulin pump.
- Organise that there are extra snacks in Hanna's pack in case she requires emergency hypo treatment.

Otherwise, ensure that Hanna and every other child has a great time in the forest.

The children are curious about Hanna's pump. They ask "What's that? Why has Hanna got that thingy? How do you answer their questions?"

It's important to be honest and answer simply.

Ask Hanna if she is willing to explain to them.

And what about asking Amol to come to the nursery to discuss diabetes with the children and show how the pump works.

Hanna has the same rights as every child: to play, have an opinion, to have dignity and privacy, to have fun. Diabetes does not affect her rights.