

Summary

Diabetes mellitus is a major public health problem that may affect any individual in the society, regardless of age, sex, or race Type 1 diabetes is the most common endocrine disorder in children and adolescents in which the body is unable to utilize glucose, an essential source of energy. While there is no cure, type I DM can be managed with a complex treatment regimen that requires man behaviors change and adherence to self care practices on the part of the diabetic adolescents So, it's a controllable disease that require: continuing care and education.

However, in recent years, health related to home care received increased attention as an important outcome measure for individuals with chronic illness. Hence evaluation of home care is vital for adolescents with type I diabetes in order to examine how diabetes and its complicated and demanding treatment regimen affect life domains; physical, emotional, social and daily life a developing f the developing child.

The aim of the study is to assess the home care for adolescents with type 1 diabetes mellitus through:

- 1- Assessing adolescents knowledge with type 1 diabetes mellitus in relation to their disease.
- 2- Assessing the daily activities of adolescents practices with type 1 diabetes mellitus.
- 3- Determining the factors affecting home care for adolescent with type 1 diabetes mellitus.

Setting of the study:

The study was conducted at Out- Patient Diabetic Clinics affiliated to Benha University hospital and health insurance Hospitals in Benha.

Subjects of the study:

The study was comprised all the available adolescents (100) and care giver type 1 diabetes over 6 months period under the following certain criteria:

- 1) Age of adolescents ranged from 12-18 years old, regardless their gender, and educational level.
- 2) Adolescents with confirmed diagnosis of type 1 diabetes mellitus 3.
- 3) Adolescents lived in rural area.

Tools of data collection :

Data were collected through the following:

- 1) Interviewing questionnaire was used in this study and comprised questions covering: Part 1: general sociodemographic characteristics. Part II: knowledge of the family related to diabetes & factor affecting home care for diabetic adolescents.
- 2) Environmental questionnaire was used to asses home condition.

The main finding of this study can be summarized as the following:

- The age of diabetic adolescents ranged form 13-15 years.
- Regarding to gender, it was found that about more half of diabetic adolescents were female
- In relation to foot care of diabetic adolescents the study showed that the majority of them don't practice foot care
- In relation to home environment of diabetic adolescents, this study reveled that half of them. There home had adequate ventilation.

Pilot study:

The pilot study was done to test clarity and applicability of the study tools, it was carried out including 10 % of the total sample . Based on the

results of the pilot study, some modifications were carried out. Diabetic adolescents who were involved in the pilot were excluded later from the main study.

In the light of finding of the current study, the following recommendations are suggested:

Health education should provide to adolescent child and their families in diabetic child clinic and out patient about diabetes mellitus such as (meaning, signs and symptoms, causes, complication and sites of insulin injection). Medication, Follow up care and also home care of adolescent about hygiene and foot care and a booklet contain knowledge about diabetes and home care should be available in the all health services provided care for adolescent.