

DIABETES

SELF-MANAGEMENT®

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\$4.00

DIABETES RESOURCES

EDUCATIONAL CD-ROMS FOR KIDS



Can't tear your kid away from the computer? Want him to learn more about his diabetes? A diabetes CD-ROM may offer entertainment and valuable education in the medium he likes best. Through animated videos, games, and other interactive content, this multimedia software can make it easier for children and teenagers to understand how diabetes works and what tools they have to control their condition. The CD-ROMs described here range in features, target age group, computer system requirements, and price. Some have sample content that you can check out on the Internet before you order.

STARBRIGHT DIABETES CD-ROM, developed by Steven Spielberg's STARBRIGHT Foundation, features XYLO, an animated alien (voiced by Martin Short) who's been stranded on Earth. To help XYLO piece his broken spaceship back together, the child must use the right tools (blood glucose monitor, insulin, log book) correctly to manage diabetes and get through an ordinary day's challenges. Along the way, he gets to join a virtual soccer match, play a sugar-molecule

"blasters" arcade game, and have an appropriately icky tour of the digestive system. The game can be operated on three different skill levels, making the program suitable for kids aged 5-18. It also includes diabetes care guidelines for parents and a glossary of diabetes terms. Available in English and in Spanish, the CD-ROM is free to children and teenagers with diabetes in the United States and Canada. However, only a Macintosh version is currently available since a new program for kids with diabetes is in development and should be available next year. For more information or to order the CD-ROM, visit www.starbright.org/projects/diabetes or e-mail diabetes@starbright.org. You can also place an order over the phone by calling (800) 315-2580 extension 3.

System requirements: Macintosh Power PC, Operating System (OS) 7.0.1 or later; 16 MB RAM, 7 MB free disk space, 2x speed CD-ROM drive (4x or higher recommended), QuickTime software (included).

IT'S TIME TO LEARN ABOUT DIABETES is a CD-ROM developed by Jean Betschart Roemer, a Pedi-

atric Nurse Practitioner and Certified Diabetes Educator at Children's Hospital of Pittsburgh. Hosted by young narrators Cindy and Mike, it's designed to impart basic information about diabetes and diabetes self-management. Exploring 12 different subject areas in easy-to-understand language, each topic is introduced with a video clip followed by interactive exercises ranging from word puzzles to a "Ketone Invaders" game (in which the player helps Captain Pancreas shoot ketones with insulin) to a drawing activity that allows the child to fill in a blank face to express his or her feelings about diabetes. *It's Time to Learn About Diabetes* has won awards from both the Sigma Theta Tau Honor Society of Nursing and the American Association of Diabetes Educators. It costs \$24.95 and is available for purchase online at www.diabetes.fyi.net or by calling (412) 692-8722. Discounts are available on orders of 10 or more.

System requirements: Windows 95 or higher with at least a Pentium II 300 MHz processor or Macintosh Power PC, OS 8 or later; 64 MB RAM, CD-ROM drive, QuickTime software (included).

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TYPE 1 DIABETES IN CHILDREN: A PASSPORT TO KNOWLEDGE, by Savvy Knowledge Systems Corp., is geared more toward a child's parents and caregivers, but certain features, such as its lively video, audio, and cartoon graphics, make the information accessible to children and teenagers too.

Developed by diabetes educators at Alberta Children's Hospital and educational researchers at the University of Calgary, Canada, the CD-ROM answers the questions that arise most frequently in parental consultations with diabetes support teams. The full five-hour interactive program features in-depth discussions of long-term diabetes complications, diabetes management techniques, and lifestyle issues, as well as interviews with parents and over 100 frequently asked questions. You can view screen shots and a sample video clip from the CD-ROM at www.savvyknowledge.com/educational_software/health

_software/diabetes.htm. *Type 1 Diabetes in Children: A Passport to Knowledge* costs U.S.\$49.95 and can be ordered from the above Web site or by calling (800) 230-5593.

System requirements: IBM/PC compatible, Windows 95, 98, or NT with a Pentium 90 processor, 16 MB RAM, 30 MB free disk space, 8x speed CD-ROM drive, 16-bit sound card, SVGA monitor.

Finally, **DIABETES EDUCATION FOR KIDS**, by dbaza, inc., explains the elements of diabetes and the details of diabetes self-management for children and teens with Type 1 diabetes. The user begins by creating a character who then leads him through five interactive chapters, covering blood glucose monitoring, insulin injection, meal planning, exercise, and "putting it all together." Each chapter's instruction is followed by practice-with-guidance (in which the character helps the child perform diabetes tasks) and practice-without-

guidance exercises that help kids develop skills they will need to manage their own diabetes. The CD-ROM, which was awarded a "Favorably Reviewed" status by the American Association of Diabetes Educators, also features games, puzzles, quizzes, and a dictionary. Sample screen shots and ordering information are available online at www.dbaza.com/dek/index.html. *Diabetes Education for Kids* costs \$79, but the Web site has discount offers. Call toll free (866) 322-9286 to learn more or to place an order. **System requirements:** IBM/PC compatible, Windows 98, ME, 2000, or XP with a Pentium II 266 MHz processor (350 MHz or faster recommended), 32 MB RAM (64 MB for 2000, 128 MB for XP), 10 MB free disk space, 16x speed CD-ROM drive, mouse or pointing device.

This list of resources was compiled by Tara Dairman, an Editorial Assistant at Diabetes Self-Management.