Challenges of preteens and teens

- Depression
- Lifestyle Changes
- School
- Hormonal changes
- Relationships

Dealing with Challenges
- Developing a support plan with family/friends
- Team Clinic
- Beyond High School Workshop
- Diabetes Camp
- Counseling

What about technology?
Will a pump and/or CGM help? Yes and No
What are our patients saying?

Team Clinic
What is it?
Team Clinic is a new and fun way for middle schoolers (11-13) and high schoolers (14-17) to have diabetes appointments.

How do visits work?
1. You and the doctor/NP meet briefly one-on-one.
2. Parents and providers/have separate visits in separate groups.
3. Family members meet up to have the visit with the doctor/NP.

www.EPICconferences.org

Beyond High School Workshop
- The time has come for them to head of to college.
- The workshop is designed to help prepare our teens for several life changes during their transition from high school to college.
- All day hands-on and activity based.
- Returning students who are currently in or completed college lead throughout the day assisted by our medical staff.
- Topics covered included communication, food, exercise, relationships, sex, alcohol and drugs, health care changes, complications, technology, and support systems.
- There is also a parent session also to address parents concerns.

www.EPICconferences.org

Transitioning to adult endocrinology.
- Get a medical release form if over 18
- Young adult clinic
- Start the conversation early
- Start having some one on one visits with their provider
- When are they ready?

QUESTIONS?

www.EPICconferences.org

ADOLESCENTS AND DIABETES
<table>
<thead>
<tr>
<th>Physical</th>
<th>Middle (14-16yo)</th>
<th>Late (17-21yo)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rapid physical changes</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Social/Emotional**
- Struggle with identity
- Worry about being normal
- Conflict with parents
- Desire for independence
- Mood swings
- Rule and limit testing
- Greater interest in privacy
- Self-involvement
- Continued adjustment to changing body and worries about being normal
- Drive for independence
- Peers gain importance
- Firmer sense of identity
- Increased emotional stability
- Increased concern for others
- Increased independence and self-reliance
- Peer relationships remain important

**Cognitive**
- Concrete thinking
- Limited thought to future
- Low impulse control
- Ability for abstract thinking but still needs support
- Greater capacity to set goals
- Ability to think ideas through
- Increased concern for future

**ADHERENCE**

**Social context**
- Places they are out, places they are eating, peers

**Management responsibilities**
- Shift from parent to teen (desired by teen, but not desired)
- Important for future health but complicated by adolescence

**Need for increased insulin due to puberty**
- Limited thought to future health risks (“I don’t feel sick”)
- Fatigue from care of chronic illness

**ADHERENCE (SELF EFFICACY TAKES TIME)**

Feedback and Supervision are important (medical team)

Behavioral Interventions
- Visual cues/reminders
- Reinforcements (need consistency)
- Cognitive Behavioral therapy

Communication and support
- Independence does NOT equal no parental involvement
- Not nagging, but problem solving

- Need for increased insulin due to puberty
- Limited thought to future health risks (“I don’t feel sick”)
- Fatigue from care of chronic illness