



David Swaschnig, NP, CDE  
Barbara Davis Center for Diabetes

Molly Richards, MD  
Children's Hospital of Colorado



[www.EPICconferences.org](http://www.EPICconferences.org)



MARCH 3, 2018 | SHERATON DOWNTOWN DENVER

EMPOWERING PATIENTS  
FOR  
INDIVIDUALIZED CARE



[www.EPICconferences.org](http://www.EPICconferences.org)

### Challenges of preteens and teens

Lifestyle Changes

Depression

School

Hormonal changes

Relationships



[www.EPICconferences.org](http://www.EPICconferences.org)

### 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**



[www.EPICconferences.org](http://www.EPICconferences.org)



	Early (10-13 yo)	Middle (14-16yo)	Late (17-21yo)
<b>Physical</b>	Rapid physical changes		
<b>Social/Emotional</b>	<ul style="list-style-type: none"> <li>• <b>Struggle with Identity</b></li> <li>• Worries about being normal</li> <li>• Conflict with parents</li> <li>• <b>Desire for Independence</b></li> <li>• Moodiness</li> <li>• Rule and limit testing</li> <li>• Greater interest in privacy</li> </ul>	<ul style="list-style-type: none"> <li>• Self-involvement</li> <li>• Continued adjustment to changing body and worries about being normal</li> <li>• <b>Drive for Independence</b></li> <li>• <b>Peers gain importance</b></li> </ul>	<ul style="list-style-type: none"> <li>• Firmer sense of identity</li> <li>• Increased emotional stability</li> <li>• Increased concern for others</li> <li>• Increased independence and self reliance</li> <li>• Peer relationships remain important</li> </ul>
<b>Cognitive</b>	<ul style="list-style-type: none"> <li>• <b>Concrete thinking</b></li> <li>• <b>Limited thought to future</b></li> <li>• Low impulse control</li> </ul>	<ul style="list-style-type: none"> <li>• <b>↑ ability for abstract thinking (but still limited/stress)</b></li> <li>• Greater capacity to set goals</li> </ul>	<ul style="list-style-type: none"> <li>• Ability to think ideas through</li> <li>• Increased concern for future</li> </ul>

9

## 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