

PEDIATRIC TRACK

REMOTE MONITORING: RULES OF ENGAGEMENT



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EPIDIO DIABETES CONFERENCE

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EMPOWERING PATIENTS
FOR
INDIVIDUALIZED CARE





**CONFLICTS OF INTEREST:
NONE**

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NEW TECH, NEW BENEFITS



Dexcom Follow App for Friends & Family

The Dexcom G6 CGM System comes with a built-in Dexcom Share feature so you can let up to 10 people follow your glucose levels, giving you a circle of support. By downloading the Dexcom Follow app, Followers can view your glucose data directly from their smart device, whether they live down the street or across the country.*



GET STARTED WITH DEXCOM G6



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BUT ALSO NEW CHALLENGES!

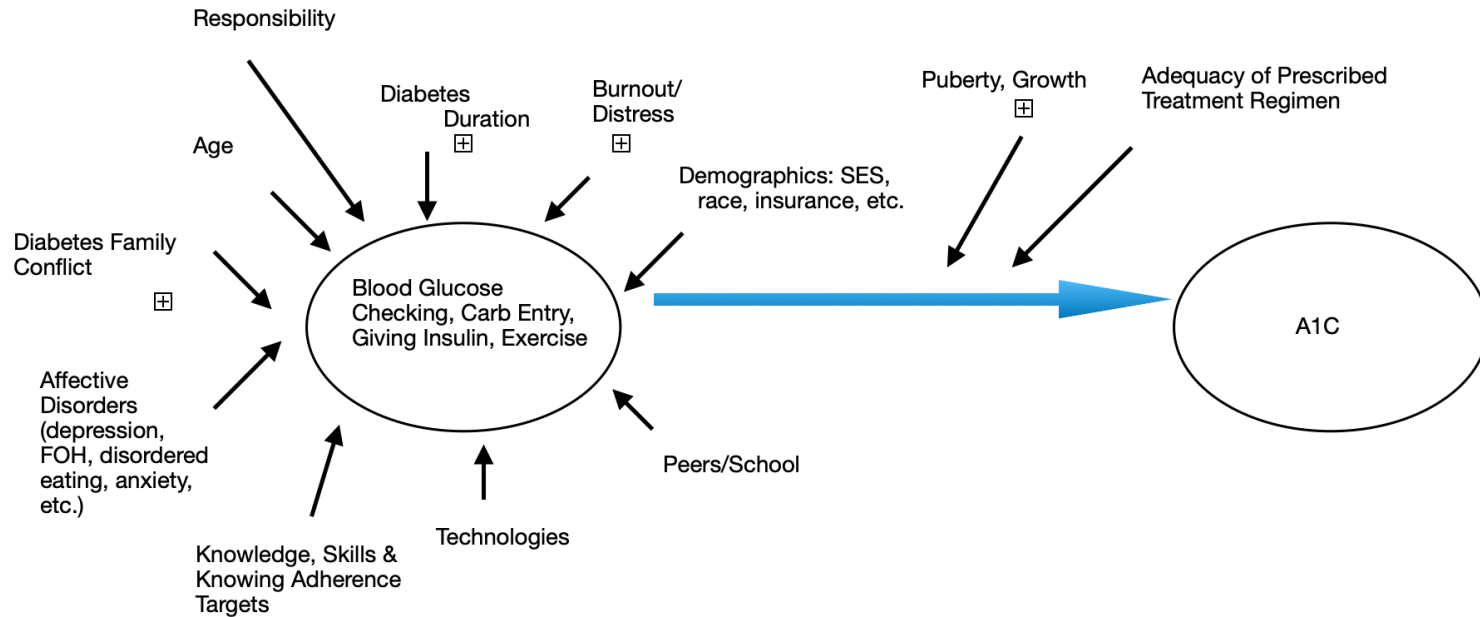


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FOCUS ON BEHAVIORS, NOT A1C!



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TAKE THE EMOTION OUT OF DIABETES



Cupcake



Feeling Bad



Glucose Tablet



Insulin Shot (Pen)



Sleepover



Diet Soda



Feeling Good



Healthy Snack



Juice Box



Sleepy



Donut



Feeling Shaky



High BG



Ketone Time



Syringe



Driving BG Check



Feeling So-So



Hungry



Low BG



Thirsty



Exam BG Check



Field Trip BG Check



Insulin Pump



Need A Break



Took Care of It




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PAY ATTENTION TO YOUR LANGUAGE

NEW WORDS

 <p>S/he is diabetic.</p>		S/he has diabetes OR S/he is a person living with diabetes.
<p>Did you test your blood sugar?</p>		Did you <u>check</u> your blood sugar?
<p>That is a bad A₁C.</p>		That A ₁ C is above target.
<p>His/her diabetes is poorly controlled.</p>		S/he is checking BG a few times per week.
<p>S/he is non-compliant OR his/her adherence is poor.</p>		S/he is taking insulin at dinner but not breakfast.
<p>That blood glucose is too high.</p>		That blood glucose is above the target range.



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SUPPORTIVE LANGUAGE

Use the space below to try writing more **supportive** ways to share your message.

Your glucose level after basketball practice was 415 mg/dL! What did you eat?

It looks like your glucose level was 415 after practice today. How can I help? Let's figure this out together.

You forgot to check your glucose level at school again. I am tired of this. How do you expect me to help you when you cannot even take care of yourself?



T1Ds is tough, and I know that you are busy at school. What makes it easier to check your glucose level at school some days and harder other times?

I found three empty bags of chips in your room today. Why are you sneaking food? Don't you care about your health.

"I noticed you've been snacking on chips recently. That's fine sometimes, and let's think about some other healthy snacks that we can have in the house, too. Let's come up with a list together."



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Use an I-Message to:

1. Tell what is happening.
2. State how you feel.
3. Explain why you feel that way.



I-Messages are a good way to share how you're feeling without placing blame or shame. Try using these statements to increase positive communication and understand others' perspectives!

When _____, I feel _____ because _____.

When _____, I feel _____ because _____.

When _____, I feel _____ because _____.

When I have to go to the nurse's office before lunch, I feel worried and stressed because I miss the end of my Spanish class and can't write down the homework.

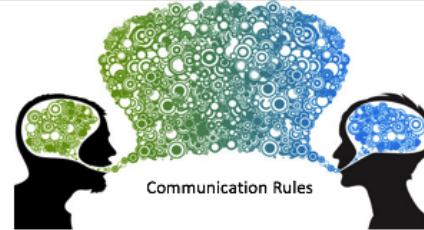
When I get constant reminders to check my blood glucose, I feel frustrated because I don't get the chance to show how I can check my blood glucose on my own.



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COMMUNICATION RULES

DO

- Keep your message short (no lecturing).
- Pay attention by sitting still, facing the speaker, and maintaining eye contact.
- Stay focused on the topic.
- State accurately what the other person said before responding to make sure you understand.
- Elaborate when needed – give more information about what you think.
- Stay calm and cool even if you disagree with what someone is saying. Take a couple of deep breaths if you start to become upset.
- Try to be positive and make constructive suggestions concerning how you would like the other person to be.
- Add your own:

DON'T

- Do not interrupt – Let each person finish speaking.
- Avoid criticism, name-calling, and labeling.
- Avoid unhelpful nonverbal behaviors (eye rolling, sighing, etc.).
- Add your own:

** This takes practice. You are going to make mistakes and that is OK. It's better to make mistakes here where we can help. **



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Define the Problem

1. Choose 1 problem to work on at a time.
2. Only discuss this problem. Do not bring up past or other issues.
3. Use “I” statements and avoid accusations.
4. Keep all the good communication strategies at forefront during this process.



START SMALL: Set yourself up to succeed! Start small and work up from there.

KEEP IT SIMPLE: Stick with a clear plan. Avoid complicated goals.

BE SPECIFIC: Say exactly what will be done. Avoid vague goals.



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START SMALL: Set your child up to succeed, not to fail. START SMALL and work your way up from there.

TOO BIG

"My child will check blood sugar 10 times per day every day no matter what"

SIMPLE: Try to avoid complicated goals, be as SIMPLE as possible.

COMPLICATED

"My child will plan each meal and count carbohydrates exactly"

SPECIFIC: Try to avoid vague goals, be as SPECIFIC as possible.

VAGUE

"Our family is going to start taking care of diabetes as a team and it will be something we take on together"

START SMALL: Set your child up to succeed, not to fail. START SMALL and work your way up from there.

TOO BIG	SMALLER
"My child will check blood sugar 10 times per day every day no matter what"	"My child will check their blood sugar before exercise and meals"

SIMPLE: Try to avoid complicated goals, be as SIMPLE as possible.

COMPLICATED	LESS COMPLICATED
"My child will plan each meal and count carbohydrates exactly"	"My child and I will plan ahead for all breakfasts and lunches and know the carbohydrate counts in advance"

SPECIFIC: Try to avoid vague goals, be as SPECIFIC as possible.

VAGUE	LESS VAGUE
"Our family is going to start taking care of diabetes as a team and it will be something we take on together"	"We will work together to make sure insulin is given for each meal. Mom or Dad can give some shots/boluses to make things easier"

START SMALL: Set your child up to succeed, not to fail. START SMALL and work your way up from there.

TOO BIG	SMALLER	SMALL
"My child will check blood sugar 10 times per day every day no matter what"	"My child will check their blood sugar before exercise and meals"	"My child will check blood sugar one more time each day working up to 4 times per day"

SIMPLE: Try to avoid complicated goals, be as SIMPLE as possible.

COMPLICATED	LESS COMPLICATED	SIMPLE
"My child will plan each meal and count carbohydrates exactly"	"My child and I will plan ahead for all breakfasts and lunches and know the carbohydrate counts in advance"	"We will start with carb counting breakfast foods accurately"

SPECIFIC: Try to avoid vague goals, be as SPECIFIC as possible.

VAGUE	LESS VAGUE	SPECIFIC
"Our family is going to start taking care of diabetes as a team and it will be something we take on together"	"We will work together to make sure insulin is given for each meal. Mom or Dad can give some shots/boluses to make things easier"	"Child will go to nurse at school for lunch insulin. Mom/Dad can give breakfast and dinner insulin dose."

Make a list of possible solutions.

Refrain from commenting or making judgmental statements about solutions like what will or will not work.

Each family member then votes on possible solutions.

Increase at least 1
BG Test Sat. & Sun.

Solutions

1. Family members remind + +
2. Use alarm on pump + +
3. Send text reminders - -
4. Mango Health App + +
5. Put reminder alarm on other side of room + +
6. Mom & Sister Remind on weekend + +



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Make a plan for implementing solution.

How long will you try it for?

Who is in charge of each step?

Think of reward to help keep youth motivated. Diabetes is hard and sometimes we need a motivator to keep at it every day!

After trial period,

Check-in and evaluate how it is going.

If necessary, repeat these steps until problem is solved.



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