

ADVANCED TRACK: DIABETES AFFECTS OTHERS: SUPPORTERS AND CAREGIVERS



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EPIDIO DIABETES CONFERENCE

MAY 22, 2021 | WEBINAR

EMPOWERING PATIENTS
FOR
INDIVIDUALIZED CARE



DISCLOSURES

JANE EB REUSCH, MD

I am an adult endocrinologist

Research Support	CU Foundation CWHR Predoctoral Fellowship (Lilly)
Speaker's Bureau	
Advisory Panel/Consultant	Medtronics
Stock/Shareholder	
Other	ADA/AHA engagement with Know Diabetes by Heart



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Other	



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Diabetes is not a death sentence: *But it is usually for life*



What does this
mean day-to-day?

ANNIE'S STORY:

What is the story here?

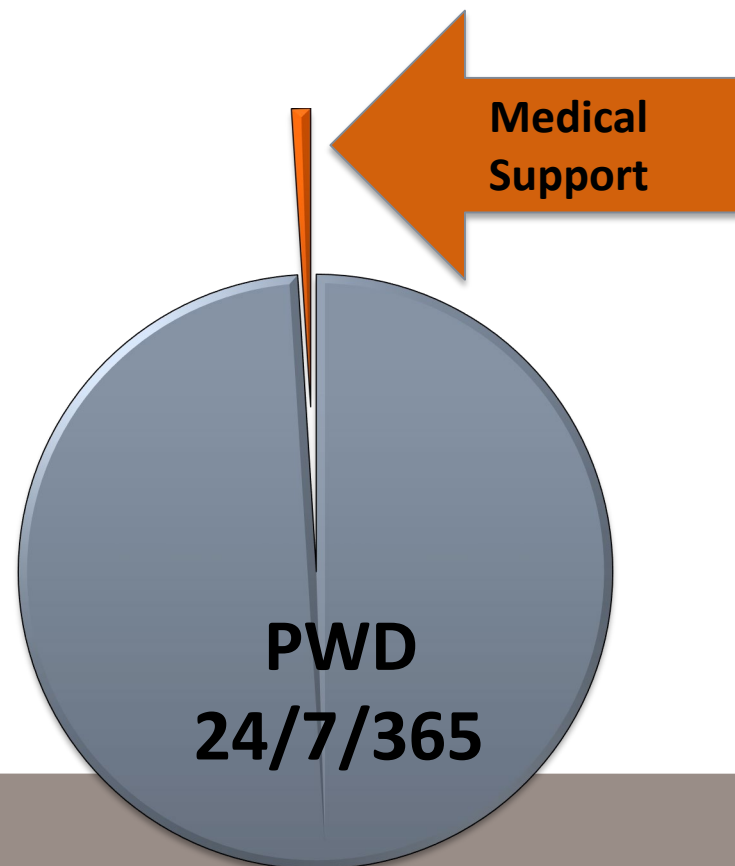
The urgency of finding a
cure



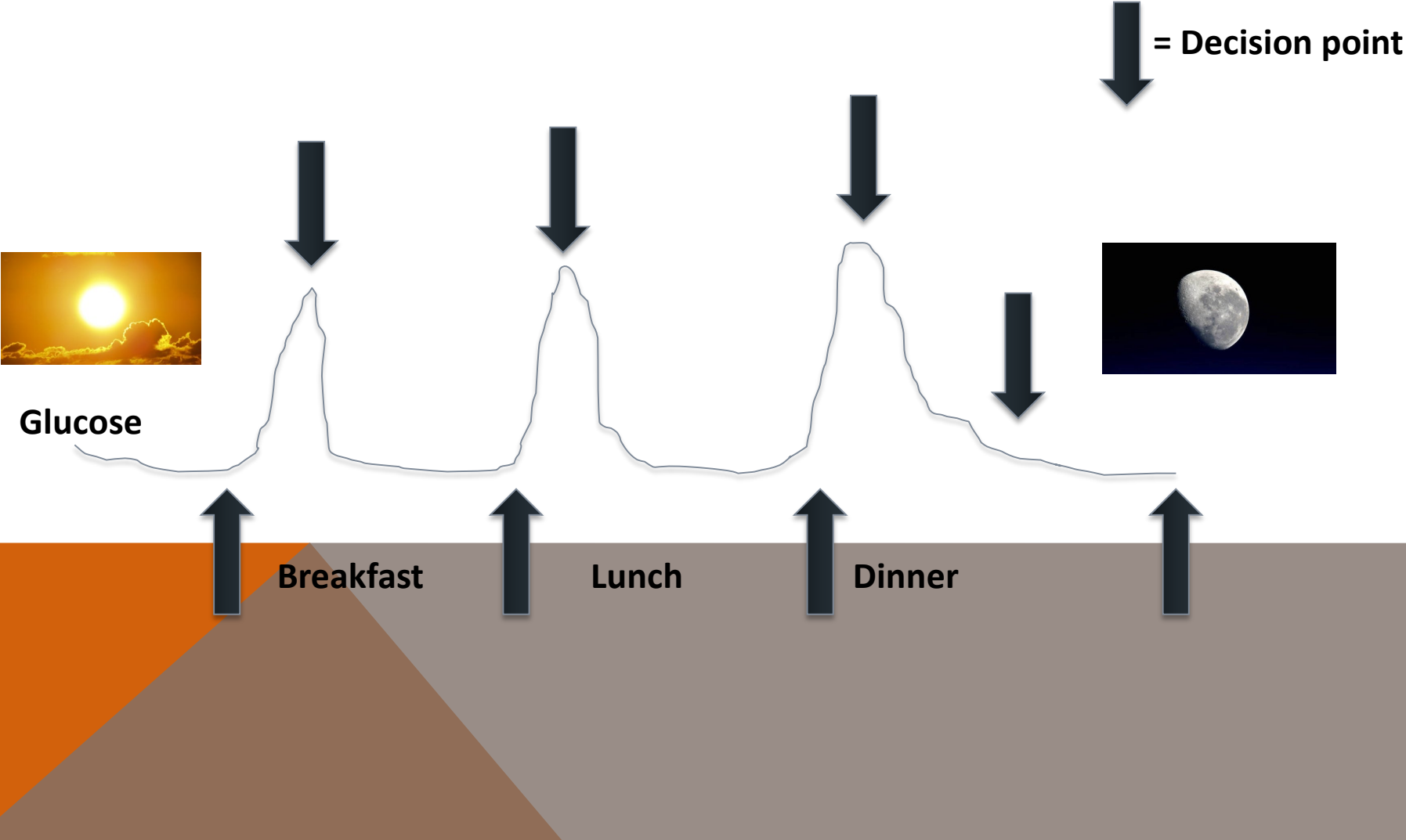
THE INDIVIDUAL BURDEN OF DIABETES

**Random fact:
4 hours = 0.043% of a year**

**Reality:
The individual is in charge**



INDIVIDUAL BURDEN 24 HOURS A DAY



Individual And Family Burden 7 days a week



AIR TRAVEL & DIABETES

With insulin on board

3x ✓ **+**

PREPARATION	CHECKLIST	NEED
Check your insulin and supplies	Check your insulin and supplies	Check your insulin and supplies
Check your insulin and supplies	Check your insulin and supplies	Check your insulin and supplies
Check your insulin and supplies	Check your insulin and supplies	Check your insulin and supplies

WHEELCHAIR: If you need a wheelchair, you must request it at least 48 hours before departure.

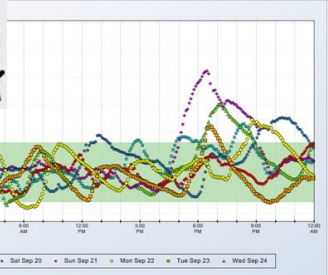
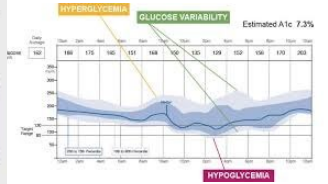
FOOD: You may bring up to 3.7 liters (1 gallon) of insulin and supplies in your carry-on baggage.

TRAVEL KIT: You may bring up to 3.7 liters (1 gallon) of insulin and supplies in your carry-on baggage.

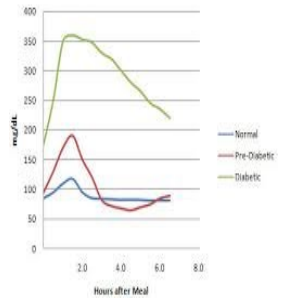
INSULIN: You may bring up to 3.7 liters (1 gallon) of insulin and supplies in your carry-on baggage.

GLUCOSE MONITORING: You may bring up to 3.7 liters (1 gallon) of insulin and supplies in your carry-on baggage.

GLUCOSE MONITORING: You may bring up to 3.7 liters (1 gallon) of insulin and supplies in your carry-on baggage.



Blood Glucose Levels for Diabetes



Insurance??!



DIABETES DISTRESS



**Mental Health Provider
Diabetes Education Program**

PARENTING AND DIABETES



DOES DIAGNOSIS IMPACT ADJUSTMENT?

- ❖ Acutely symptomatic **OR** Identified by routine testing or in study?
- ❖ DKA **OR** no DKA?
- ❖ Age?
- ❖ Hospital **OR** ER **OR** ICU?
- ❖ How long was admission?



TRAUMA
AND GRIEF

KIDS GRIEVE DEVELOPMENTALLY...

- Different developmental milestones
- New and different impacts
- New grief response.



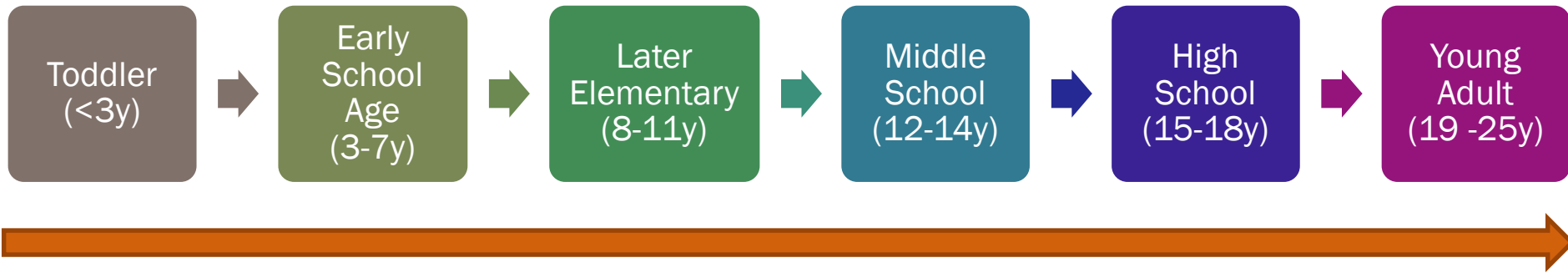
Preschool

School
Age

Tween

Teen

CHANGES IN ROLES AND CAPACITIES



- Developing logic and abstract reasoning
- Increasing independence
- Decreasing parental supervision
- Changing role of peers

CONSIDERATIONS AND BARRIERS FOR EARLY SCHOOL AGE (3-7)

Child:

- Concrete logic
- Self-centered
- Imagination and pretend play
- Does not understand time
- Variable hypoglycemia awareness

Challenges:

- Parental stress and burnout due to high care needs
- School and multiple caregivers with handoff of care.



CONSIDERATIONS AND BARRIERS FOR LATER ELEMENTARY (8-11)

Child:

- Developing logic, still concrete
- More social and curious
- Developing athletic, cognitive, artistic, and social skills
- Peer group impacts self-esteem
- Recognizing hypoglycemia

Challenges:

- Beginning of puberty impacts on insulin resistance
- Limited insight about current behaviors' impact on future problems
- Increased activities, sleepovers
- Noticing differences from peers



CONSIDERATIONS AND BARRIERS FOR MIDDLE SCHOOL AND HIGH SCHOOL

Youth:

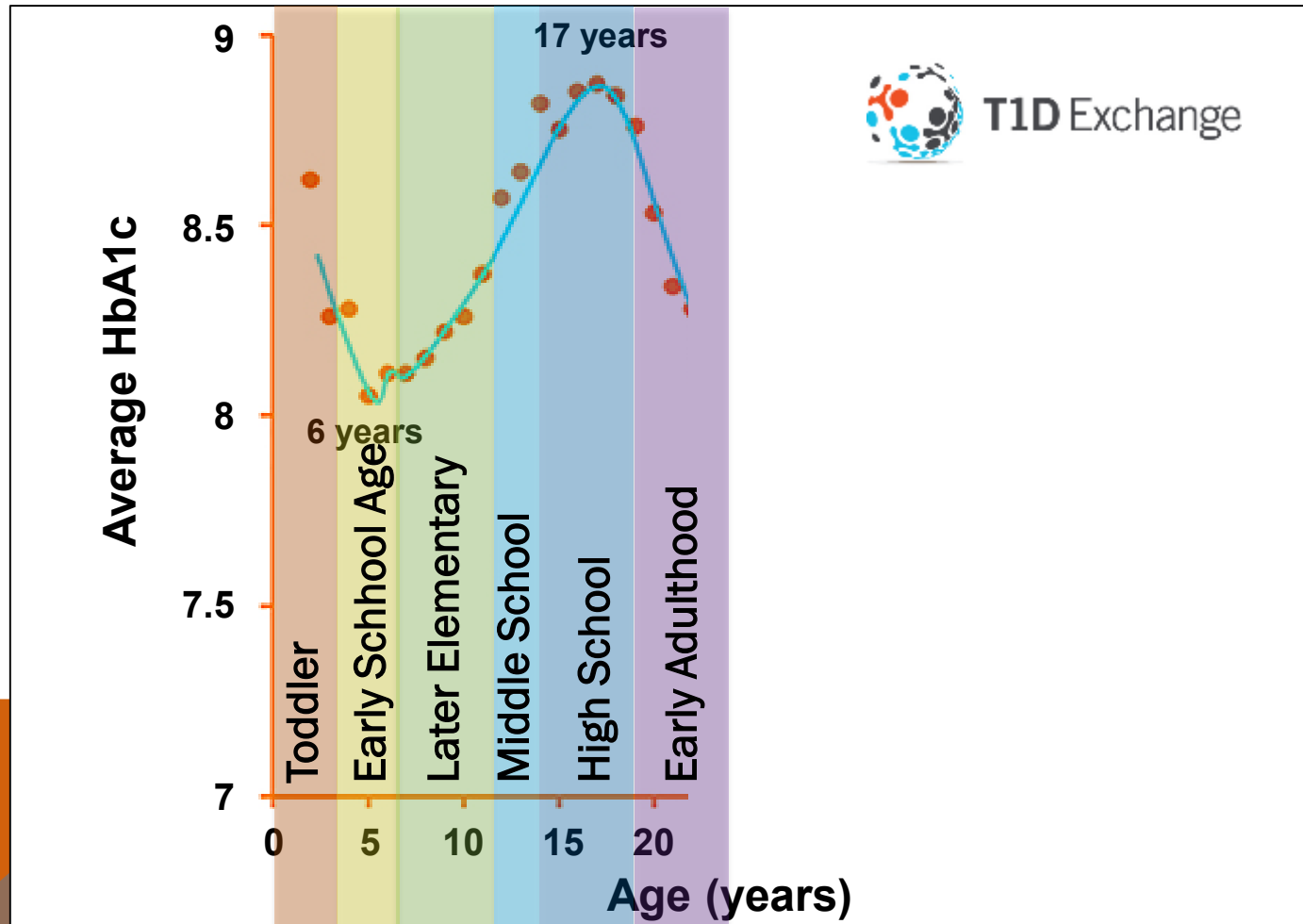
- Developing autonomy
- Developing insight on consequences, future
- Need for privacy
- Social concerns
- Body image concerns
- Peer and romantic relationships

Challenges:

- Ongoing hormonal impacts on insulin resistance
- Parents may place unrealistic expectations on self care
- Emotional impact of management: discouraged and overwhelmed.
- Driving
- Alcohol and other risk behaviors

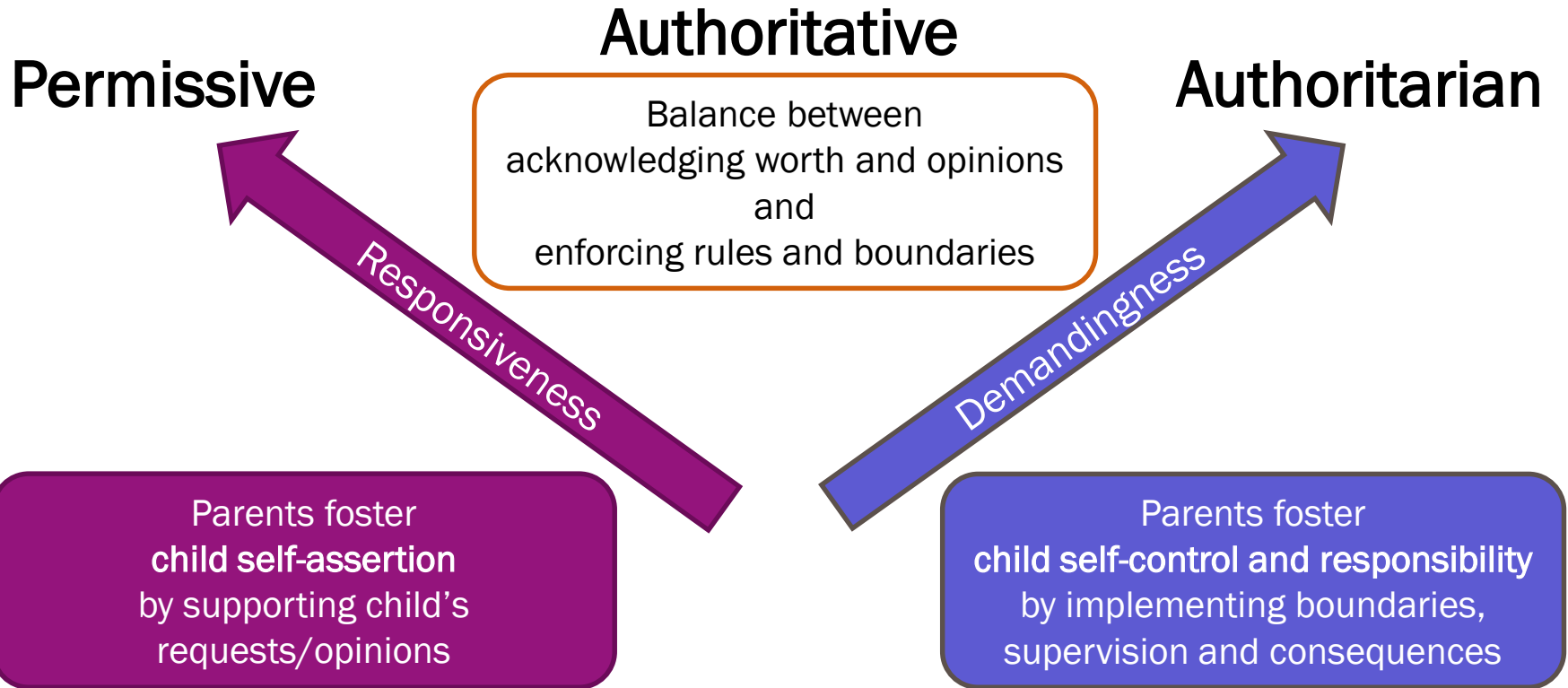


DIABETES MANAGEMENT IS A CHALLENGE IN CHILDREN AND YOUTH



Adapted from Miller et al. Diabetes Care 2015 AND Gerstl et al. Eur. J. Pediatr. 2008

PARENTING STYLE



DIABETES BURN OUT: WHY DOES IT HAPPEN?

KIDS

Too many tasks



PARENTS

The nagging



EMPOWERMENT

The granting of power or authority to oneself

People become empowered when they use all their resources to solve their own problems or achieve their own goals.

Strengths for Empowerment

- Awareness
- Choice
- Freedom
- Responsibility

Threats to Empowerment

- Fear
- Anger
- Ignorance
- Hopelessness
- Misguided Help

MODEL POSITIVE BEHAVIORS



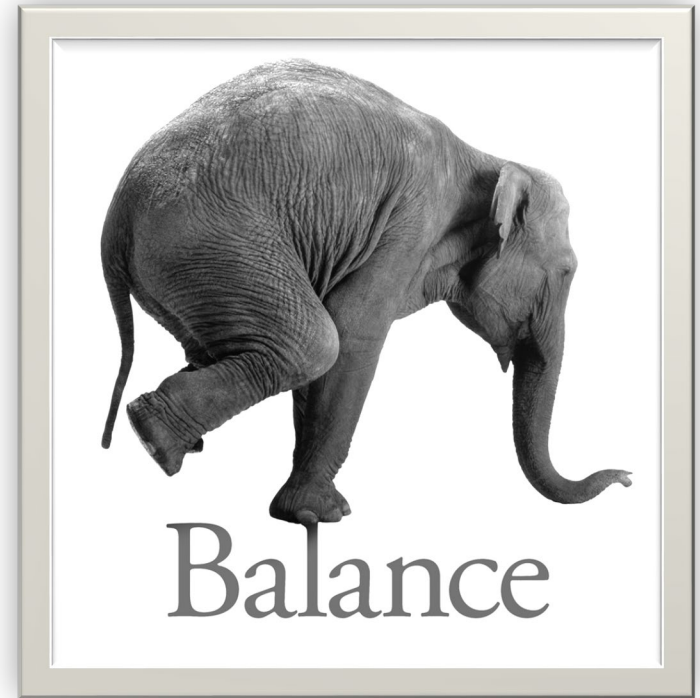
SUMMARY

Grieving vs. Acceptance

Powerlessness vs. Empowerment

Nurturing vs. Self Care

- Early recognition of problems coping
- Ask for help





QUESTIONS AND DISCUSSION!









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