



EMPOWERING PATIENTS
FOR
INDIVIDUALIZED CARE



ANTICIPATING FUTURE NEEDS IN MENTAL AND BEHAVIORAL HEALTH

Elizabeth Buschur, MD
Endocrinology, Diabetes & Metabolism
Ohio State University
Wexner Medical Center
Clinical Assistant Professor of Internal Medicine

Jenna Eisenberg, MS, LMFT
Denver Diabetes Counseling
Licensed Marriage and Family Therapist
Member, American Association of Diabetes Educators
Greenwood Village, CO



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Conflict of Interest

Dr. Buschur
Ohio State University

Research support from JDRF, Dexcom

Jenna Eisenberg
Denver Diabetes Counseling

No conflicts to report



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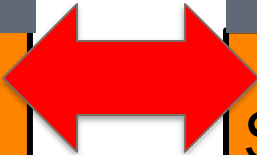
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MOST PREDOMINANT ISSUES

PSYCH

- Depression
- Anxiety
- Eating disorders
- Diabetes Burnout



SOCIAL

- Substance abuse
- Aging population
- Insurance and financial burdens
- Transition of Care from Pediatrics



WHY IS THIS IMPORTANT TO PEOPLE WITH DIABETES?

- People with diabetes do suffer a high rate of psychological and social problems
- Increases barriers to self-management
- Lesser ability for self-care/adherence to tasks
- Higher incidence/risk of hyperglycemia/hypoglycemia
- Associated with poor health outcomes
- Increased risk for complications and mortality
- Poor quality of life

Diabetes and Mental Health, CDC May 2021



DIABETES AND DEPRESSION

- ❑ Risk is 2-3 times higher in people with diabetes
- ❑ Affects 20-25% of people with diabetes



depression :
an illness,
not a choice

The American Diabetes Association



CDC.gov, Diabetes and Mental Health May 2021



DIABETES AND ANXIETY

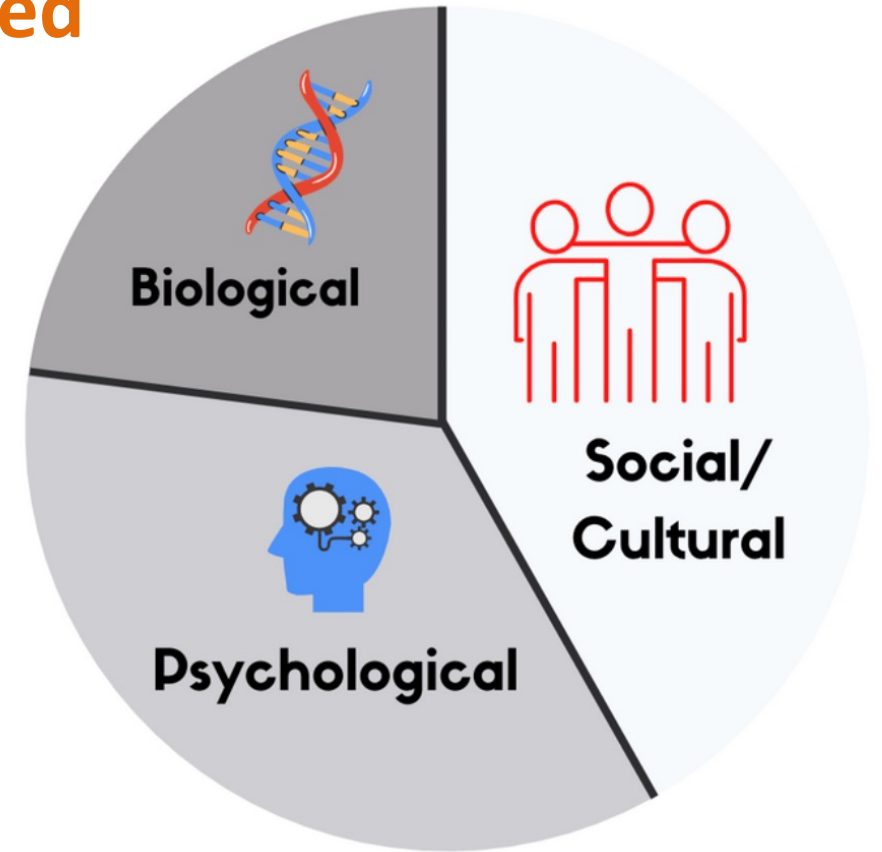
- ❑ Overall prevalence of anxiety disorders in patients with diabetes **14% ***
- ❑ **40%** of patients have heightened anxiety symptoms (**subclinical**)*
- ❑ Comorbid **depression**



* "Association of diabetes with anxiety: A systematic review and meta-analysis"
(Kimberley Smith et al., 2013) Journal of Psychosomatic Research, v74, i2

Diabetes and Eating Disorders/Disordered Eating

- ❑ Risk for developing is **twice** that of general population
- ❑ Affect about **20%** of all people with T1D



Diabetes Care, 2021:44(8)

NIDDK, Eating Disorders and the patient with Diabetes



Aging and Living Longer with Diabetes

- Presence of more diabetes-related complications
- Memory loss affecting ability to self-manage
- Dexterity, vision impairments posing technology challenges
- Depression
- Challenge of long-term care facilities



Endocrine Society 2022



- ❑ Common experience of most people with diabetes
- ❑ Experience can be different for everyone
- ❑ Common signs:
 1. feeling overwhelmed, angry, frustrated about diabetes
 2. feeling controlled by diabetes
 3. feeling alone and isolated with diabetes
 4. avoiding daily diabetes tasks

Diabetes

Burnout

www.beyondtype1.org, Diabetes Burnout, Mark Heyman, PHD, CDE



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Pandemic Effects: Clinical Observations

- Overwhelming awareness of importance of health insurance access
- Challenges of the insurance market
- Losing access to pre-covid standard of care
- Increasing financial burdens
- Supply chain issues ... fear of availability of insulin
- Exacerbation of mental health and substance abuse issues



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Where do we go from here...changing medical paradigms...



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Impact of Psychosocial Issues

- ❑ Diabetes management involves behavioral activation and change
- ❑ Management involves: problem solving, planning, organization, motivation, stamina
- ❑ Psychological factors impact willingness to engage in behaviors and even acceptance of illness



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Transition of Emerging Adults with Diabetes

- Set realistic expectations about control and management
- Clear communication with diabetes team about what works and what does not for your lifestyle
- Gradual transition of responsibilities to you
- Truly accept that this is a family disease and not all your teen's responsibility
- Avoid comparisons with other teens/people with diabetes
- Involve teen in diabetes activities such as camp or groups that will allow he or she to feel less isolated and different
- Do not be afraid to ask for help



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Questions, Comments, Share Your Experiences



Thank you for your
participation!

