



Diabetes: Connecting the Physical & MESH Dots

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Goals:

- Gain understanding of MESH side of diabetes
- Gain confidence in role working with youth with T1D
- Better long-term outcomes for these youth

TRUTHS OF DIABETES DIAGNOSIS

1

**NO CHILD ASKED TO
HAVE DIABETES.**

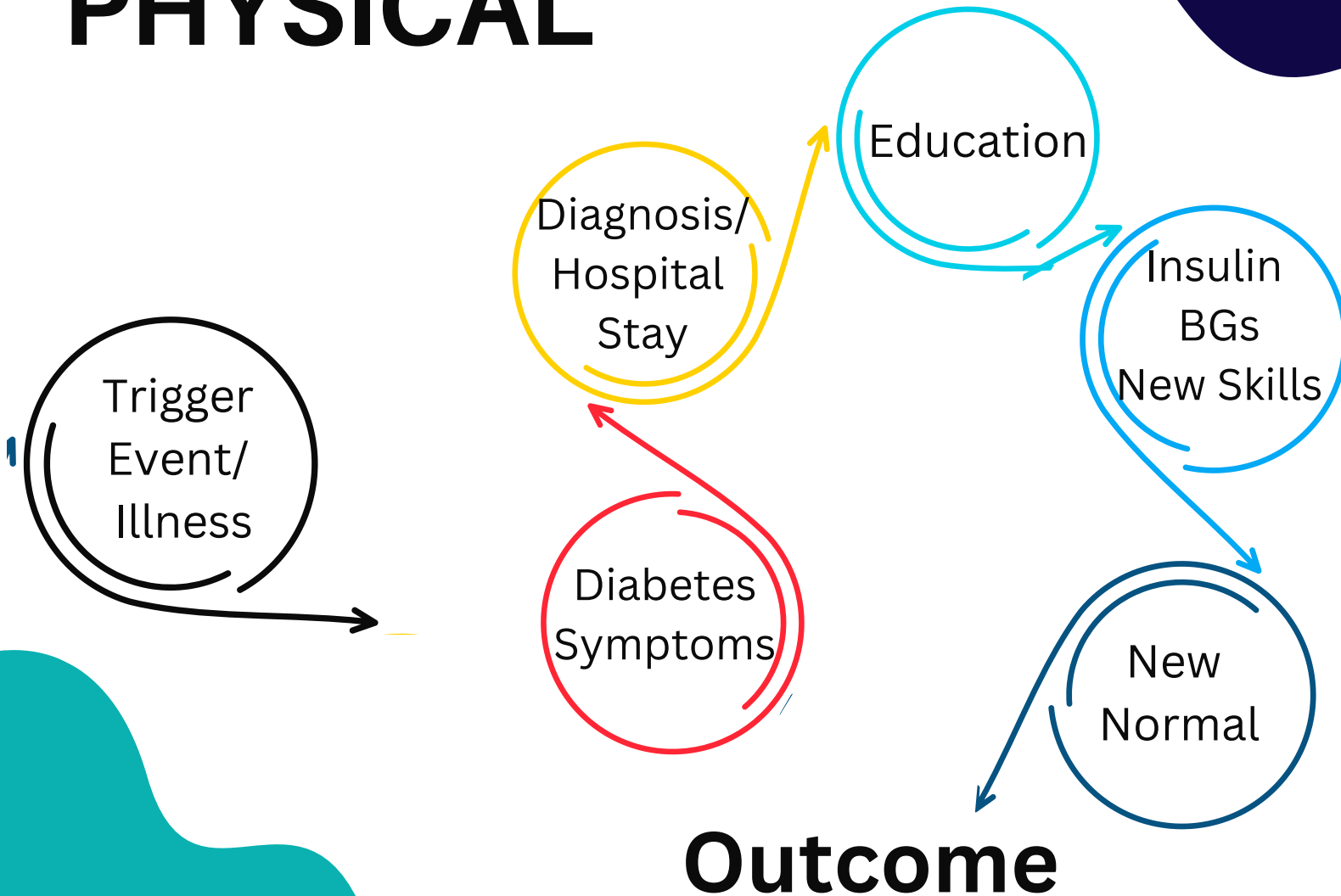
2

**NO PARENT ASKED FOR
THEIR CHILD TO
HAVE DIABETES.**

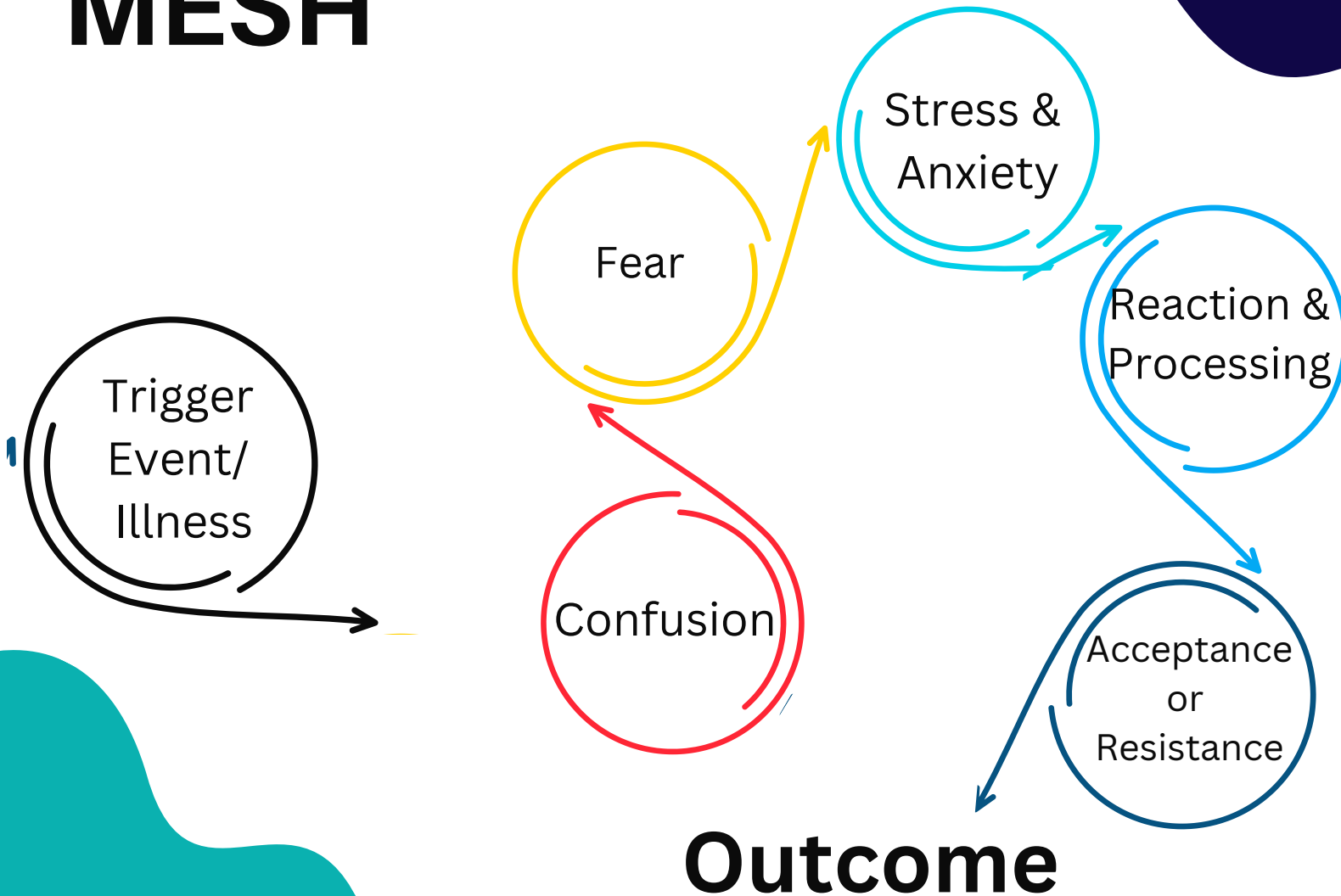
3

**NO PARENT OR CHILD
ENJOYS MANAGING
DIABETES.**

TYPICAL DIAGNOSIS: PHYSICAL



TYPICAL DIAGNOSIS: MESH






MESH Goal

To not resent life with diabetes but accept and adapt

Physical Goal

Keep the child in range as much as possible



COMMON OUTCOMES WHEN A CHILD STRUGGLES TO ADJUST

1. Difficulty Adapting
2. Anxiety & Depression
3. Eating Disorders
4. Behavioral Changes

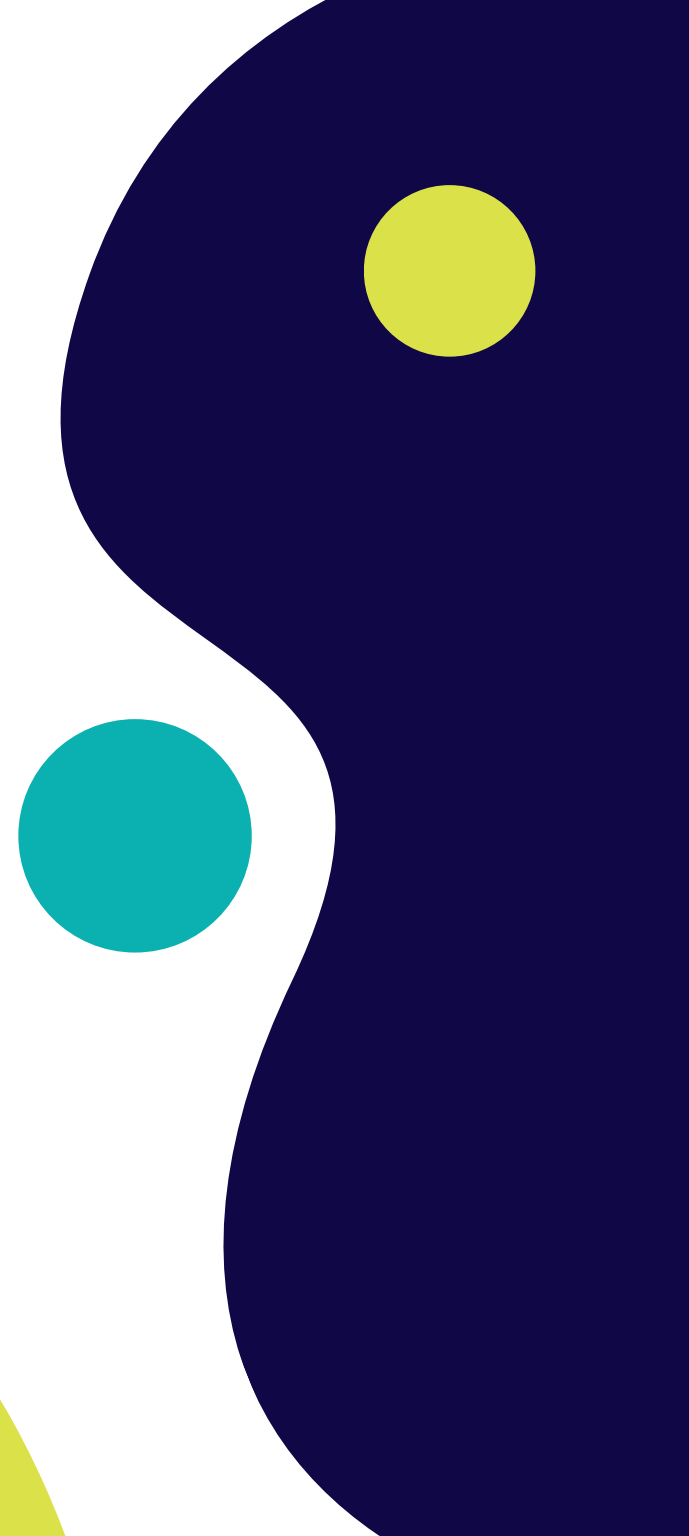


CAUSES OF THESE OUTCOMES

Life with diabetes = BIG change

Diabetes takes away ability to be
'carefree'

DIFFICULTY ADAPTING



CAUSES OF THESE OUTCOMES

Diagnosis of any life altering
disease = traumatic event

ANXIETY & DEPRESSION



MENTAL DISORDERS & DIABETES

In studies with a control group, the prevalence for nearly every mental disorder were increased for the type 1 diabetes samples.

M. Benton, B. Cleal, M. Prina, J. Baykoca, I. Willaing, H. Price, et al.

Prevalence of mental disorders in people living with type 1 diabetes: a systematic literature review and meta-analysis
Gen Hosp Psychiatry, 80 (2023), pp. 1-16

Depression is the most common problem, with a quarter of people with diabetes experiencing depression at some point in their lifetimes

Diabetes and Psychology: Special Issue of American Psychologist
Weibe, D.J., Helgeson, V.S., & Hunter, C.M. (Eds.), October, 2016

DIABETES DISTRESS

Overwhelming feelings, known as diabetes distress, may cause you to stop taking care of yourself. You may slip into unhealthy habits, stop checking your blood sugar, even skip doctor's appointments.

It happens to many—if not most—people with diabetes, often after years of good management.

In any 18-month period, 33% to 50% of people with diabetes have diabetes distress.

CDC (2024, May 14). Diabetes and Mental Health. Retrieved May 16, 2024, from <https://www.cdc.gov/diabetes/living-with/mental-health.html>

CAUSES OF THESE OUTCOMES

Negative relationship with food

EATING DISORDERS



CAUSES OF THESE OUTCOMES

Misplaced anger & frustration

Lack of control

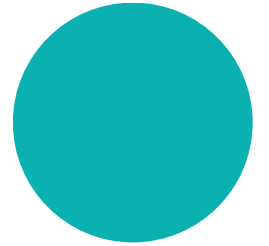
BEHAVIOR CHANGES



The image features a minimalist abstract design on the left side, consisting of several overlapping organic shapes. A large lime green shape is at the top, partially overlapping a teal shape below it. A small dark blue circle is positioned where the teal shape overlaps the lime green one. In the top right corner, there is a dark blue shape that resembles a stylized cloud or a drop. The word "ACTIVITY" is written in a bold, black, sans-serif font in the center-right area of the page.

ACTIVITY

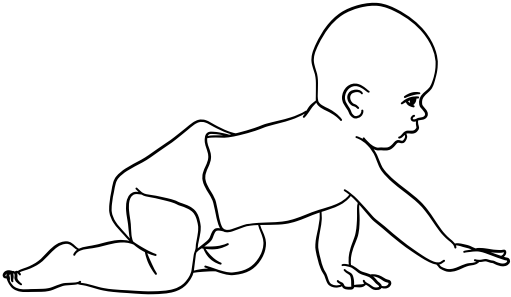
NATURAL GROWTH PROGRESSION



More Choices



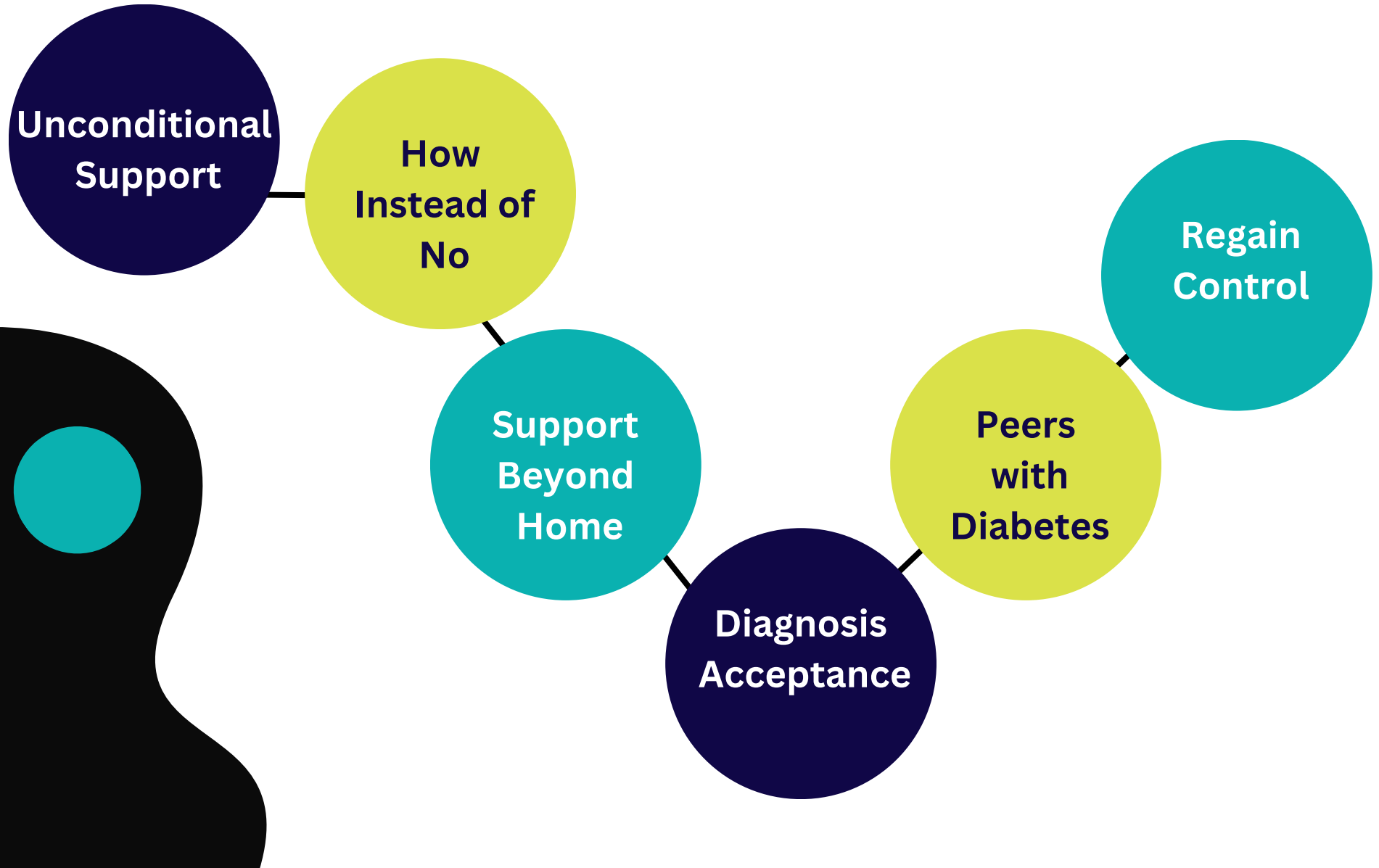
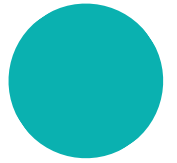
More Responsibility





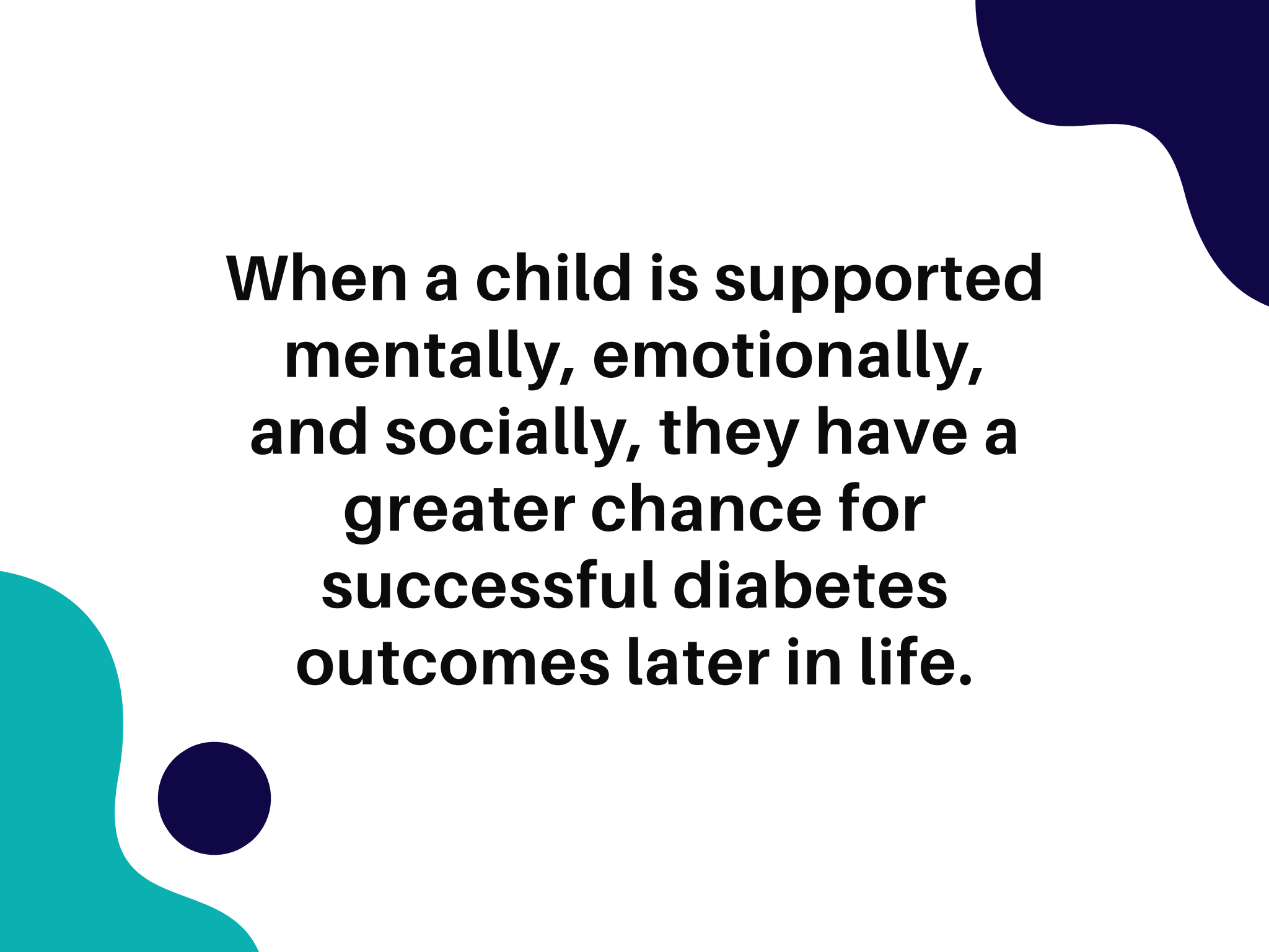
HOW TO GET BACK TO PROGRESSING

CONNECTING THE DOTS



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ACTIVITY



When a child is supported mentally, emotionally, and socially, they have a greater chance for successful diabetes outcomes later in life.

HOW TO HELP KIDS HELP THEMSELVES

- Be supportive.
- Take into account how they feel.
- Let them do whatever they can by themselves.
- Be encouraging.
- Be understanding.
- Celebrate the victories.



ADDITIONAL CONSIDERATIONS

The acute effects of even mild hypoglycemia on neurocognitive function may be felt for as long as **90 minutes after return to normal blood glucose levels.** The effects of severe hypoglycemia, especially involving seizure, may persist for **48 hours or longer.**

ADDITIONAL CONSIDERATIONS

Blood glucose swings can cause
mood swings.

ADDITIONAL CONSIDERATIONS

The child or teen with diabetes may:

- **grieve** for their previous lifestyle
- feel **out of control or helpless**
- **be angry, afraid, or anxious**, especially if the parents exhibit these feelings in front of child

ADDITIONAL CONSIDERATIONS

Support the **student** AND the
family.

ADDITIONAL CONSIDERATIONS

Academic achievement has not consistently correlated with either duration of diabetes or age of onset but **may correlate negatively with poor metabolic control** and/or frequency of hospitalizations for hyperglycemia and hypoglycemia.

ADDITIONAL CONSIDERATIONS

Teamwork makes the dream work.



Q&A



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Sources

M. Benton, B. Cleal, M. Prina, J. Baykoca, I. Willaing, H. Price, et al. Prevalence of mental disorders in people living with type 1 diabetes: a systematic literature review and meta-analysis *Gen Hosp Psychiatry*, 80 (2023), pp. 1-16

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CDC (2024, May 14). Diabetes and Mental Health. Retrieved May 16, 2024, from <https://www.cdc.gov/diabetes/living-with/mental-health.html>

Jameson, Paula. (2006). Diabetes, cognitive function, and school performance. *School nurse news*. 23. 34-6.