

Developmental Considerations with Management of Type 1 Diabetes

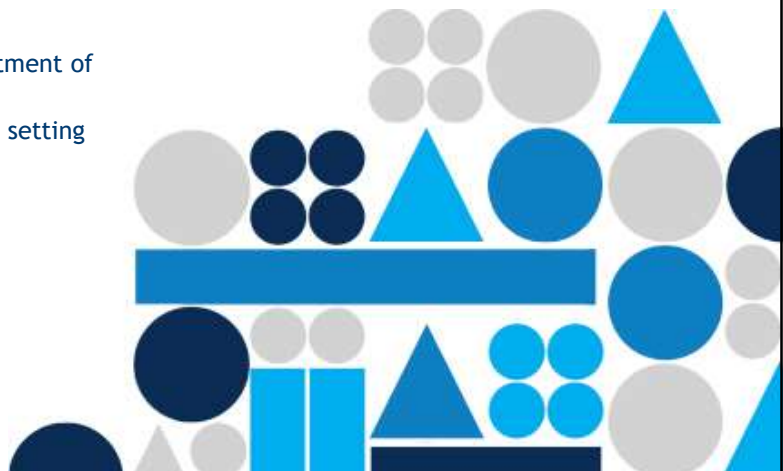
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Objectives:

Following this session, participants will be able to identify and apply:

1. Developmental responses to treatment of Diabetes
2. Interventions to use in the school setting when managing Diabetes
3. Language considerations



Infant/Toddler Development

- Sense of Safety from consistency (building a routine for snack times/lunch time)
- Receive sense of security from caregivers - when possible, have consistent caregiver managing Diabetes insulin shots/finger pokes
- Toddlers- Autonomy (offering choices for which finger to poke or where to give child insulin)

Communication consideration:

When possible, set up time to meet with parents of child to keep routine for management of Diabetes as consistent as possible with routines done at home.



Position considerations (Toddlers):



- Side sitting
- Free arm can embrace caregiver



- Chest-to-chest
- Legs straddle caregiver
- Touch and securing patient arm by caregiver arm
- Patient looking away towards distraction



Preschool Development:

- Allow for initiative about making choice for where they will be poked
- Tend to think literally (speak to them in concrete terms)
Ex: “It is time for your insulin poke now; Do you want it in your arm or your belly”
- Stay as consistent with routines as those done in the home
Ex: “Do you count 1, 2, 3 before then poke?”
- Consider comfort positions to allow for child to feel more secure
- Consider implementation of a “treasure box” system for challenging situations
“ First we need to give you your insulin poke, then you can choose a prize.”



School-Age Development:

- Able to think more logically about Diabetes diagnosis:
 1. begin to understand functions of the body and the “why” for Diabetes diagnosis
 2. begin to want more independence in their medical care.
- Begin to invite kids to administer insulin themselves for control and independence (assist with dosing/calibration if needed)
- Model after routines in the home setting as best as possible: (consistency in routine)
“What works best for you at home?”






Adolescent Development:

- Increasingly involved with peer groups and feeling accepted by peers.
- Need for privacy with management of Diabetes
- Engage in risk-taking behaviors (i.e. skipping doses of insulin)
 - keep communication with teen's parents open
- Needle phobias exist (encourage deep breathing strategies)
- Give teens options of poking themselves or having another adult giving insulin

Language considerations

- Assess the child's developmental level to tailor language accordingly (It is time for your insulin poke vs. insulin injection/shot)
- Keep consistent with routines and language used in home setting as much as possible
- Avoid using phrases like "Show me how brave you are"; instead validate that pokes are scary and it is okay if the child is anxious
- Praise specific actions or behaviors



Thank you

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