

Diabetes Management in the  
School and Childcare Setting

# Diabetes Distress & Diabetes Burnout



## Disclosures

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Certified pump trainer for Omnipod (Insulet)  
and Tandem.

No other conflicts to disclose.



## Learning Objectives

At the end of this talk, participants will be able to:

- Identify common characteristics seen in students with diabetes distress and burnout
- Recognize available resources which may be useful in helping a student struggling with diabetes burnout





## Diabetes Distress and Diabetes Burn-out

- **Diabetes Distress-** The felt burden of living with a tough, demanding disease
- **Diabetes Burnout-** When exhaustion and discouragement become too great, the student may begin to care less and do less







## Diabetes Distress

- Diabetes is taking too much of my mental and physical energy every day.
  - I am often failing at my diabetes regimen.
  - Friends or family are not supportive enough of my self-care efforts.
  - Diabetes controls my life.
  - I will end up with serious long-term complications no matter what I do.
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## Common Signs in School

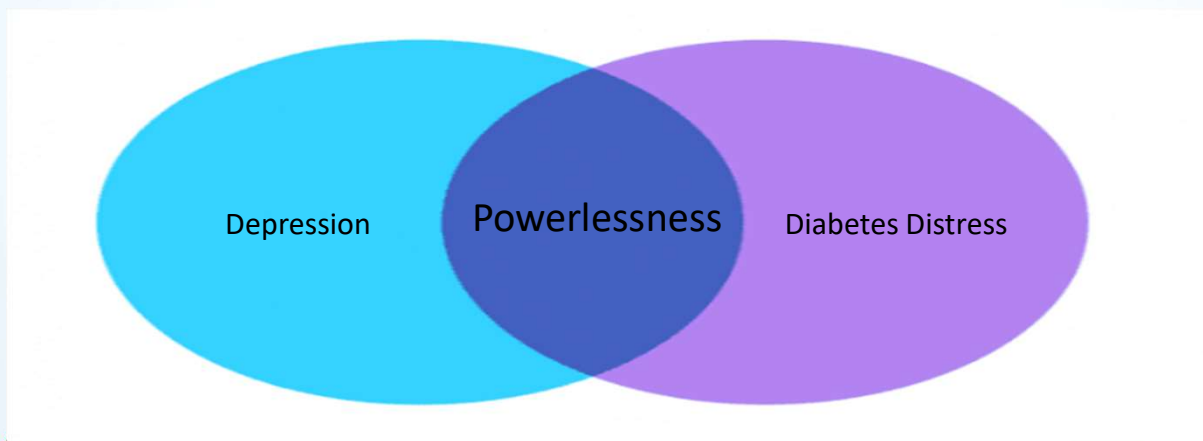
- Student may not want friends to know about their T1D
  - Student may not want to administer insulin during their school day
  - Student may have frequent absences related to T1D
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## Common Signs in School

- Student may arrive at school with pump not charged or low/no insulin in pump
- School nurse may have a difficult time obtaining diabetes supplies (insulin pens, ketone test strips, etc.) from student/parent
- Student may frequently experience uncontrolled high blood glucose and have frequent ketones present



## Depression and Diabetes Distress

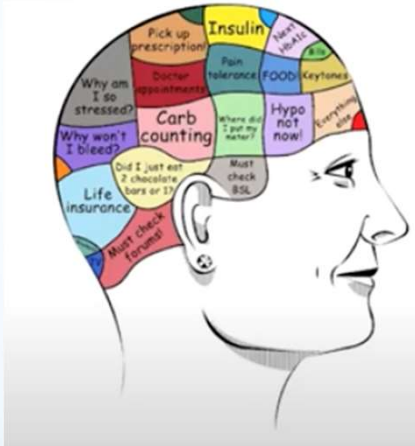


## Addressing Diabetes Distress

Acknowledge the barriers and burdens students with T1D face

- ❖ “Managing” BG levels
- ❖ Counting Carbs
- ❖ Administering insulin
- ❖ Monitoring for ketones
- ❖ Social isolation
- ❖ Obtaining supplies
- ❖ Sleepless nights
- ❖ Fighting with insurance companies
- ❖ Financial challenges

All while attempting the normal demands of school and adolescence



## Addressing Diabetes Distress

Recognize your resources

- ❖ Counselors
- ❖ Social workers
- ❖ Teachers
- ❖ Coaches
- ❖ Admin
- ❖ Diabetes Care Team (DMMP)
- ❖ Diabetes Resource Nurses
- ❖ PARENTS



## Addressing Diabetes Distress

- Meet with student

- ❖ Intentional relationship building with HO staff
- ❖ Express concern and roll with resistance
- ❖ Be aware of language (BG's good/bad vs high/low)
- ❖ Set small, concrete and CELEBRATE
- ❖ Return power to the student wherever possible
- ❖ Helpful HO resources (back-up supplies, charging cables, ketone strips)
- ❖ Teach survival skills when possible (BG monitoring, carb counting, insulin administration, treatment of lows)



## Addressing Diabetes Distress



- Provide accountability as needed
  - ❖ Extracurricular/Athletic Participation
  - ❖ Grades and Missing Assignments
  - ❖ School Attendance and Truancy Concerns



# Questions



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