ANTICIPATORY GUIDANCE FOR TEENS WITH DIABETES AS THEY TRANSITION TO ADULTHOOD
EMPOWERED TO STAY IN RHYTHM
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Purpose
The development of a tool, combining research and practice, could improve self-management for teens and young adults with diabetes.

Interventions
Research/Practice Tool (in development)
Interactive Health Games
Focus Groups
Computerized Education
Internet Diabetes Blogs
Outpatient Transition Services
Packet on Services & Insurance
Motivational Interviewing
Coping Skills Training
Addressing Obstacles
Website: www.diabetes.org

Musical Bingo

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<td>Negotiate Client-Centered Goals</td>
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<td>Diabetes Burnout</td>
<td>Alcohol And Substance Abuse</td>
<td>Healthy Communication</td>
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Where The Complex World of Teens, Young Adults, and Providers Connect

Case Study
Tom, 25 years old, married, father of one, is completing his college education while working. He has a 21 year history of type 1 diabetes with retinopathy. He is new to an insulin pump. Tom reports being empowered by appointments with his provider, diabetes educator, and insulin pump blogs.

Research Findings
Brink: The DCCT revealed a multidisciplinary proactive approach reduced complications. Dios: Support is associated with greater well-being & reduced depression & anxiety. Polonsky & Wissberg-Benchell: Address potential obstacles or tipping points to improve diabetes outcomes. Schur: It’s important for adolescents to manage their relationship with diabetes instead of diabetes controlling them. Woodgate: “Treat me like a person; try to understand me; don’t treat me differently; give encouragement; don’t force me; give me options; have a sense of humor; know what you’re doing.” Wysocki: Gradually transfer care to youth with parent transitions from monarch to executive to consultant.

Theory
Picard & Jones (2005). Giving Voice to What We Know: Margaret Newman’s Theory of Health as Expanding Consciousness in Nursing Practice, Research, and Education
White & Klein (2002). Family Theories: Understanding Families
Wheatley (2001). We are All Innovators