




ANTICIPATORY GUIDANCE FOR TEENS WITH DIABETES AS THEY TRANSITION TO ADULthood

EMPOWERED TO STAY IN RHYTHM
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Musical Bingo

College, Work, Relationships	History And Physical	Motivations	Peer Influence	Patience
Conflicting Attitudes	Listen	Individual Interventions	Health Promotion	Timely Appointments
Time	Family Support And Conflict		Negotiate Client-Centered Goals	Collaboration
Expertise and Interest	Problem Solving	Humor	Risky Behavior	Providers As Coaches
Marriage, \$\$, Transportation	Diabetes Burnout	Alcohol And Substance Abuse	Healthy Communication	Creativity

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

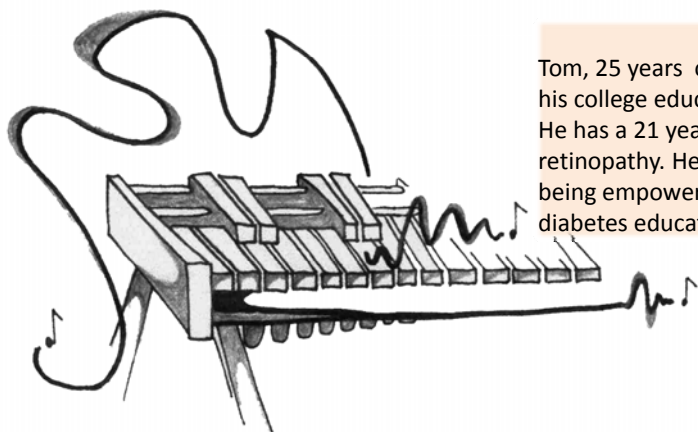
Research Findings

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.

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.



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

