

SAFE LAUNCHES: HELPING STUDENTS WITH DIABETES CONFRONT CHALLENGES AND NAVIGATE TRANSITIONS

TARA HASKINS, DNP, RN, ASSISTANT PROFESSOR, LOUISIANA TECH UNIVERSITY

AOUCHIA ZORGATI, RN APPLICANT

DONNA HOOD, PHD, RN, DIRECTOR OF THE DIVISION OF NURSING, LOUISIANA TECH UNIVERSITY

GROWTH AND DEVELOPMENT

Piaget's Cognitive development

Erikson's Stages of Growth and Development

- Childhood (6-12yrs)
- Adolescence (12 to 18yrs)
- Young Adults (19-40yrs)

- Each stage strives to achieve a virtue
- Each stage has an identified "crisis"

DIABETES, THE TWEENS AND TEENS....

Challenges of the school environment

- Privacy
- Peer pressure
- Personal achievement

Availability of the school nurse

School is a child's work

Complicated family dynamics and structure

Provider availability


OPPOSING FORCES

CRISIS

Industry vs. Inferiority (6-12)
Piaget's Concrete Operational

POTENTIAL EFFECT OF DIABETES

- Missed class time
- Productivity
- Altered participation
- Alters feeling "healthy" "strong"
- Unable to feel competitive
- Beginnings of body image issues
- Participation in the work of diabetes
- Carb counting




OPPOSING FORCES

CRISIS ACCORDING TO ERIKSON'S

Identity vs. Role confusion (12-18yrs)
Piaget's Formal Operational

POTENTIAL EFFECT OF DIABETES

- "the kid with diabetes"
- Changing identity
- Romantic attraction
- Striving for independence
- Beginning to think about careers
- Identification in cliques or groups
- Abstract reasoning/moral reasoning
- Alcohol/drug experimentation



OPPOSING FORCES

CRISIS ACCORDING TO ERIKSON'S

Intimacy vs Isolation (18-40yrs)

POTENTIAL EFFECT OF DIABETES

- Secrets maintain isolation
- Close relationships
- Romantic attraction
- Ability to meet demands of work/college
- Achieving your "dream"




DEPRESSION IN EMERGING ADULTS WITH DIABETES

DSM V criteria

Review of the literature

- Current statistics
- Quality of Life
- Relationship to HbA1C
- Role of social supports
- Isolation and independence



“DIABULEMIA”


Current terminology, DSM-V

Challenges for eating disorder professionals

Physiological costs

Financial costs

Growth and development costs



SIGNS & SYMPTOMS OF ED-DMT1

High HbA1C

Frequent hospitalizations

Reluctant to test

Moral qualms for food

Loss of appetite

Injecting in private

Avoidance of appointments

Anxiety with weighing

Frequent trips to the bathroom


Frequent episodes of thrush/urine infections

Nausea/stomach cramps

Drinking abnormal amounts of fluids

Early onset complications

Irregular menses/amenorrhea



A STUDENT PERSPECTIVE.....

Aouchia Zorgati, Founding President of the College Diabetes Network at Louisiana



COLLABORATIVE INITIATIVE FOR STUDENTS WITH DIABETES

Proposal to Blenville Parish to connect CDN students with students in secondary schools

Purpose: Provide a social connection with students achieving success in college with diabetes

Steps to achieve initiative

Time commitment

Provide incentives

Follow-up



WHAT HAPPENED.....

Eight students in 3 schools

Gender differences

Topics explored

Questions/topics that generated most participation

Providing support without providing medical guidance

Feedback from school nurses



