

MODULE

8

**LIVING WITH DIABETES:
MOBILIZING FAMILY AND FRIENDS**



Gustavo Andrade

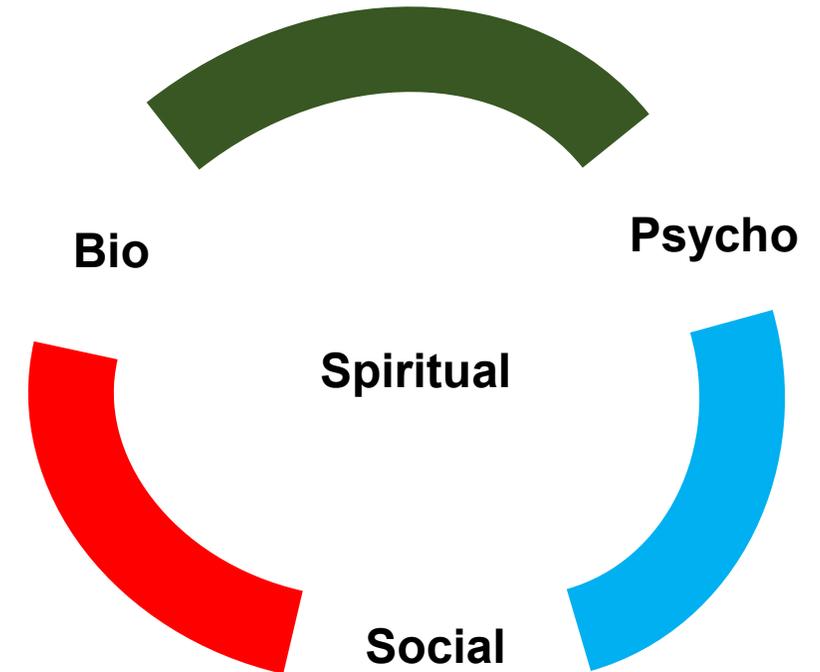
I. COPING WITH THE DIAGNOSIS

A. Human Beings' Behavior and Health

1. Habits and lifestyle → health and sickness

- a. Smoking
- b. Drinking
- c. Overeating
- d. Unhealthy diet
- e. Lack of hygiene
- f. Sedentary lifestyle
- g. Response to disease

2. Behavior rooted in cultural values, personal needs and/or expectations. Very hard to change!



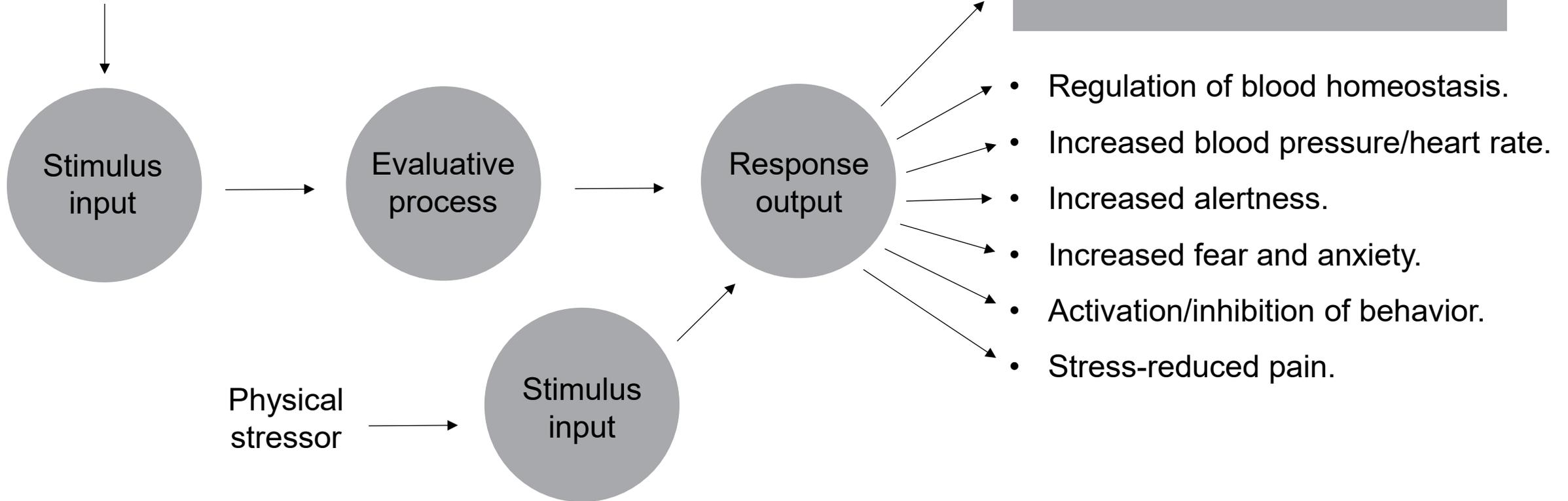
II. STRESS

A. What is a Stressor?

1. Any event or situation can trigger a stress response.
 - a. Past: fight or flight
 - b. Today: escape or eat/binge
2. Types of stressors:
 - a. Acute-episodic
 - b. Chronic
3. Social and occupational stressors are filtered and rated by our language and cultural values (fatalism/stoicism), personality, sense of humor, etc.

B. Stress Process

Psychological stressor



Stress Response

Glucocorticoid secretion

- Regulation of blood homeostasis.
- Increased blood pressure/heart rate.
- Increased alertness.
- Increased fear and anxiety.
- Activation/inhibition of behavior.
- Stress-reduced pain.

C. What Does Stress Do?

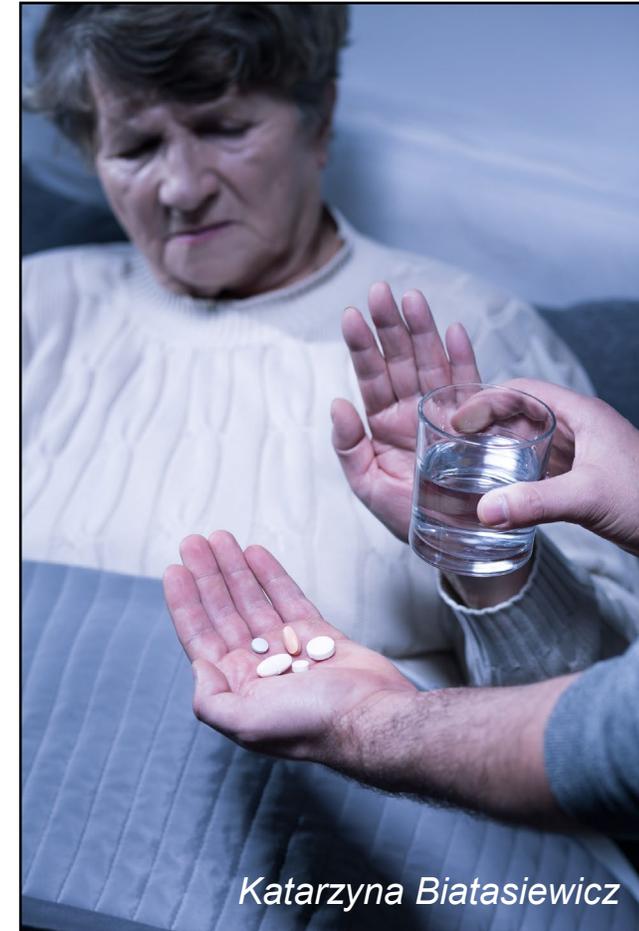
1. Glucocorticoid secretion or release of stress hormones – the messengers:
 - a. Epinephrine
 - b. Norepinephrine
 - c. Cortisol
2. They signal:
 - a. Liver to release stored sugar.
 - b. Fat cells to release fatty acids to give your muscles a quick burst of energy.
 - c. Signal lungs to expand to take in more oxygen.
 - d. Increases blood pressure and heart rate.
 - e. Bowels to contract so blood goes where it is needed.
 - f. What is the result?

D. Stress and Diabetes

1. Diabetes diagnosis: “it is a lethal disease.”
2. Letting go of things they enjoy: don’t want to change what he/she likes.
3. Treatment demands diet, medication and exercise all at once.
4. Hassles of daily life.
5. Life changing events: job loss, bereavement due to loss of friends, widowhood, etc.
6. Chronic life conditions such as poverty, loneliness, isolation, etc.
7. Disease outcomes and complications:
 - a. Blindness
 - b. Amputations and disability
 - c. Chronic conditions

E. Effects of Stress on Diabetes

1. Increases blood glucose levels.
2. Increases cholesterol levels.
3. Increases blood pressure.
4. Reduces immunity against infectious diseases.
5. Upsets healthy routines and behaviors necessary for diabetes self-care.
6. Facilitates depression.



Katarzyna Biatasiewicz

F. Coping With Bad News

Steps toward action:

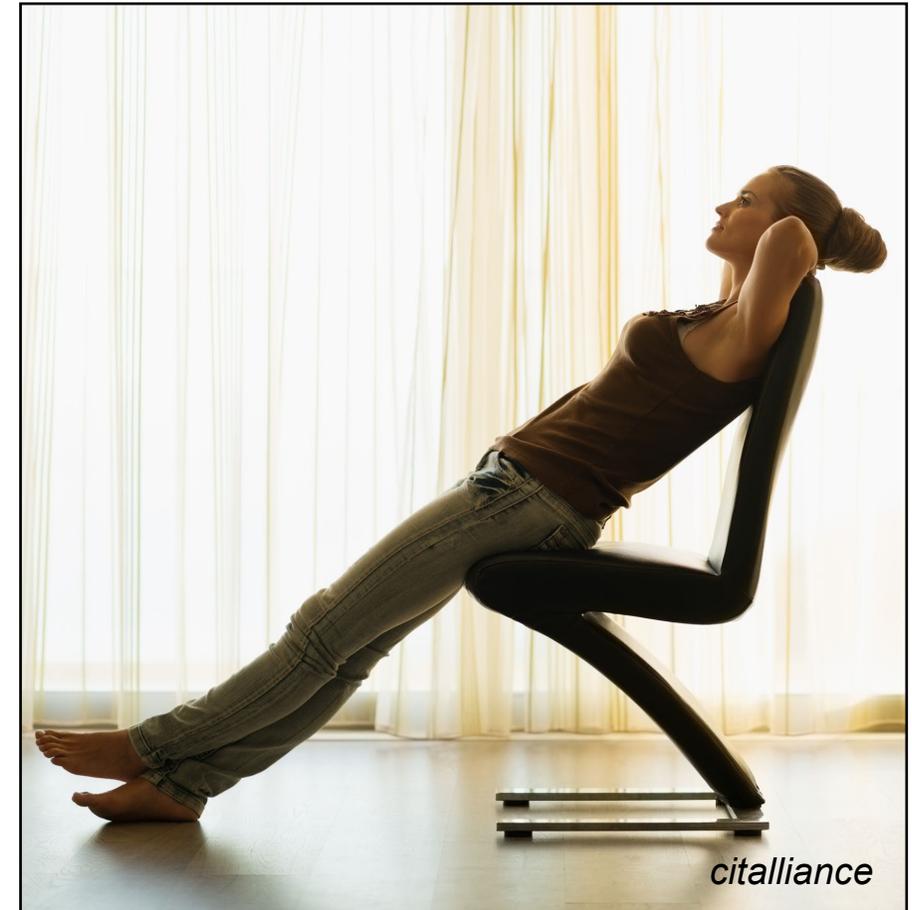
1. Shock: why did this happen to me?
2. Denial: "It's only a touch of diabetes."
3. Anger: "Is it my fault?" Stigma.
4. Bargaining: making things go away temporarily.
5. Depression: grieving for your old lifestyle.
6. Acceptance → action (self-management).



Scott Griessel

G. Ways to Deal With Stress

1. Recognize it, first!
2. Active coping: deal with stressful issues appropriately and quickly – don't procrastinate or escape, organize!
3. Take breaks, naps.
4. Sleep 7-8 hours every day.
5. Regular breathing exercises.
6. Exercise! Dance!
7. Meditation and relaxation exercises.
8. Yoga and Tai Chi
9. Prayer



H. Sleep

1. Cleans brain from by-products of metabolism.
2. Most people require 7-8 hours of sleep every night.
3. Sleep helps maintain immunity and resilience to stress.
4. Lack of sleep affects brain function, increases insulin resistance and appetite, reduces memory and attention.



Shojiro Ishihara

III. DEPRESSION

Group Activity: Depression: Self-Evaluation

- Tell participants: “We are going to review a questionnaire on depression.” Distribute the questionnaire (see Appendix D). Identify participants that may need help in answering.
- Participants may respond to the questionnaire individually or in pairs. If in pairs, participants will ask the questions to one another. Allow time for their discussion.
- Ask participants: “What does the questionnaire suggest?”
- Give referrals to those who need them; be aware of participants’ reactions to the questionnaire.

The next few questions ask you about your emotional well-being over the past 2 weeks.	Not at all	Several days	More than half the days	Nearly every day
Over the last 2 weeks, how often have you been bothered by any of the following problems?	0	1	2	3
1. Little interest or pleasure in doing things.				
2. Feeling down, depressed, or hopeless.				
3. Trouble falling or staying asleep, or sleeping too much.				
4. Feeling tired or having little energy.				
5. Poor appetite or overeating.				
6. Feeling bad about yourself—or that you are a failure or have let yourself or your family down.				
7. Trouble concentrating on things, such as reading the newspaper or watching television.				
8. Moving or speaking noticeably slow. Or the opposite—being so fidgety or restless that you have been moving around a lot more than usual.				
9. Thoughts that you would be better off dead or of hurting yourself in some way.				

A. Recognize Depression Symptoms

1. Frequent boredom
2. Fatigue, weakness
3. Feeling guilty
4. Shame
5. Anxiety
6. Difficulty falling asleep
7. Problems concentrating
8. Forgetting things frequently
9. Fear
10. Pessimism



Scott Griessel

B. Diabetes Symptoms Can be Confused with Depression

Depression Symptoms	Low Blood Glucose	High Blood Glucose
Frequent boredom	Hunger	Hunger
Fatigue, weakness	Fatigue, weakness	Fatigue
Shame, guilt	Anxiety	Dry Skin
Anxiety	Irritability	Frequent urination
Feeling useless	Weight loss	Immense thirst
Disturbed sleep patterns	Excessive sleeping	Sleepiness
Trouble concentrating	Night time wakening	Nausea
Forgetfulness	Blurred vision	Blurred vision
Fear		
Pessimism		

C. Ways to Deal with Depression

1. Get support from family and friends.
2. Get help from professionals.
3. Deal with feelings quickly and appropriately.
4. Take medications for depression.
5. Exercise regularly.
6. Take diabetes medications regularly.
7. Eat properly.
8. Practice stress reduction techniques.



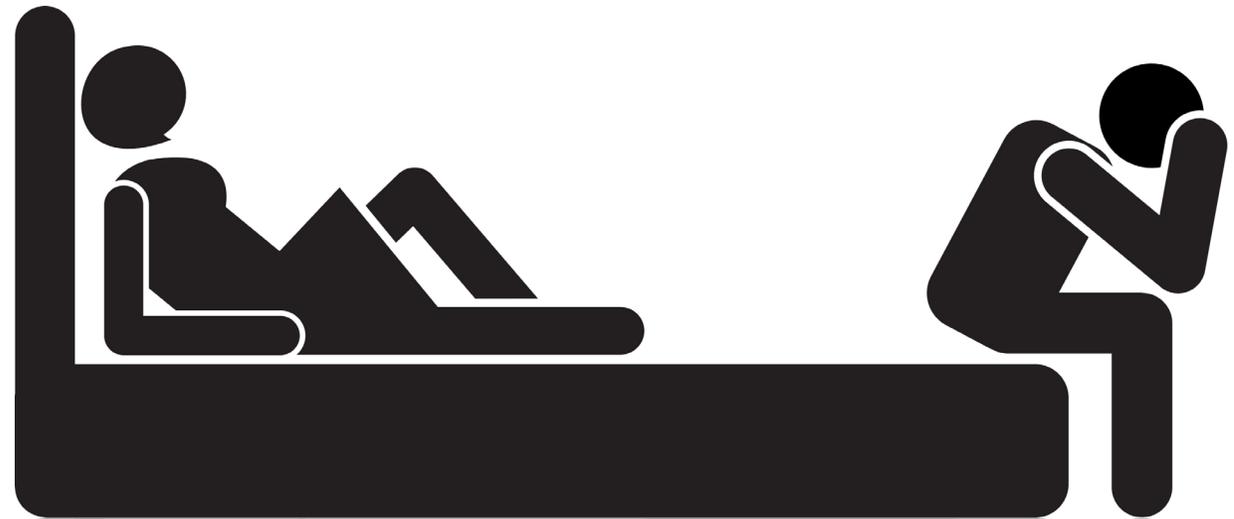
D. Other Important Aspects of Quality of Life

1. Erectile Dysfunction in Men with Diabetes

a. Causes:

- i. Circulatory
- ii. Neurological
- iii. Hormonal
- iv. Psychological
- v. Medications

b. It's hard to talk about it!



scottchan

c. Treatments:

- i. Weight loss
- ii. Physical activity
- iii. Treat depression
- iv. Control blood glucose
- v. Smoking cessation
- vi. No alcohol
- vii. Change medications



2. Sleep disorders/sleep apnea
 - a. Associated with obesity
 - b. Sleep deprivation raises blood glucose levels and increases insulin resistance.
 - i. Associated with heart disease
 - ii. Hypertension
 - iii. Snoring
 - iv. Damage to nervous system
 - c. Get help
 - d. Avoid sleeping pills



Tom Baker

IV. INVOLVING FAMILY AND FRIENDS

1. Asking for help:

- a. Choose an appropriate moment
- b. Ask directly, be clear
- c. Explain why it's important
- d. Speak calmly, without shouting or demanding
- e. Be specific about what is needed
- f. Be positive, avoid accusatory phrases
- g. Be appreciative



Examples:

- Telling them about diabetes symptoms and control.
- Asking for support in remaining smoke-free.
- Showing them what to do in an emergency.
- Walking and doing activities with family and friends.
- Showing them that a diabetes meal plan helps everyone to be healthy.



2. Patient's Rights

a. Health is a UNIVERSAL RIGHT

b. Basic Rights:

- i. Right to treatment
- ii. Right to confidentiality
- iii. Consent
- iv. Right to obtain/review medical records
- v. Right to appeal if service is denied
- vi. Right to have an interpreter



Group Activity: Who, what, when, where, why?

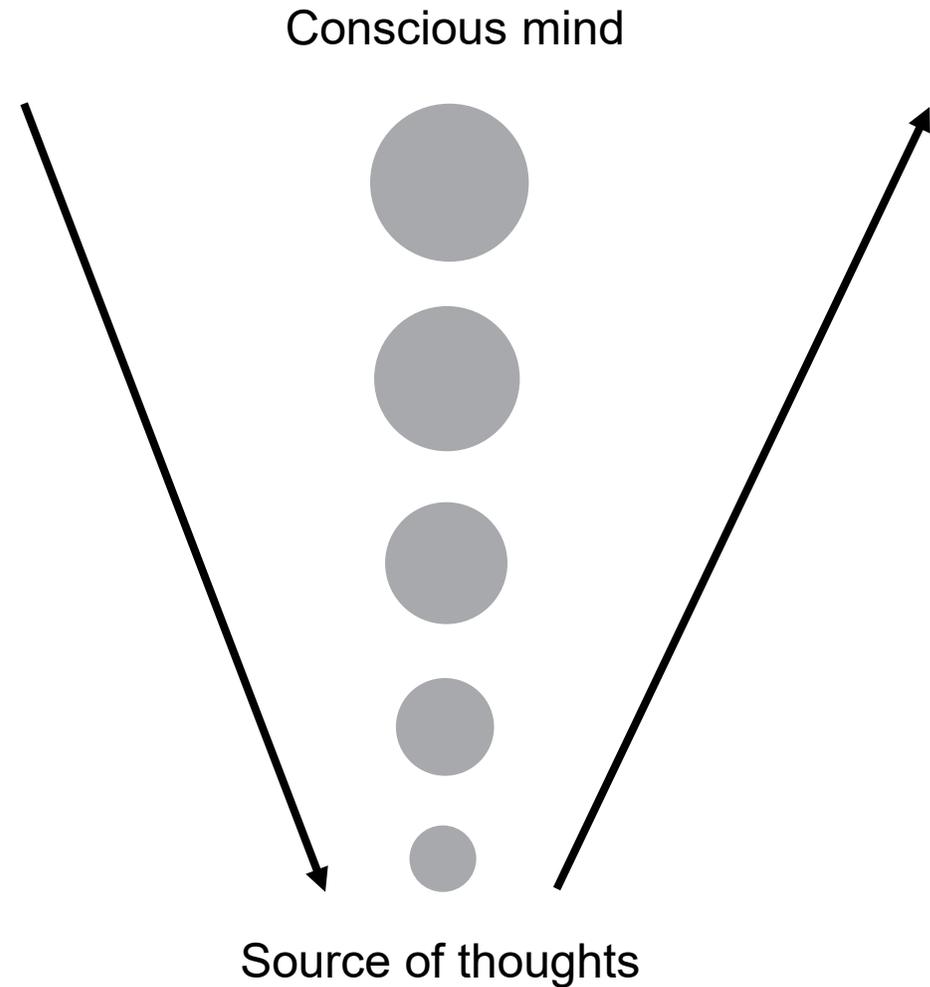
1. Ask participants to think about opportunities in which they need help but don't know how to ask for it.
2. Write on the board: *Who, what, when, where, why*
3. Organize the group in pairs
4. Ask participants to practice different scenarios in which they need help: at the clinic's reception, at the pharmacists, at home with the children, etc.
5. Invite comments.
6. Ask participants to write down the words to remember (*Who, what, when, where, why*), and keep them in their pockets.

Group Activity: Read & Discuss the Story – Involving Family and Friends**Read the following story:**

John is 45 years old and has been recently diagnosed with type 2 diabetes. His mother is 75 years old and has had diabetes for 30 years. Just two years ago, she had a stroke. John has worked as janitor at a hotel during the day, but, for the last 2 years, he has also worked nights to pay his mother's nursing home bills. His sister comes to visit them once a month. John saw a doctor recently and found out that he had retinopathy. However, he does not want to tell his family about his health problem. He has been smoking for the last 8 years up to half a pack per day.

V. RELAXATION

A. How Meditation Works



Group Activity: Guided Meditation

B. Effects of a Relaxed Mind

1. Creativity and productivity
2. Intelligence
3. Improved learning
4. Fewer mistakes
5. Better inter-personal relationships
6. Better mind-body integration
7. Happiness
8. Health and prevention of diseases
 - a. Reduce infections and allergies
 - b. Improve chronic diseases
 - c. Reduce addictive behaviors



Cathy Yeulet

This concludes Module 8: Living with Diabetes: Mobilizing Family and Friends. For more information on this topic, please see the curriculum.



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