62nd Annual Greenville Postgraduate Seminar
Spotlight: Primary Care

Wifi: Greenville ONE Center
Login: Conference1
T1D AND ME (US)
Dr. Katherine Beben MD, FAAFP
Ezra Beben, 5th grader
The hardest part about being a parent is watching your child go through something really tough and not be able to fix it for them.
OBJECTIVES

• Value how astute children can be when dealt with medical problems
• Recognize the challenges of being a child with a complex chronic medical condition
• Identify the challenges of being the parent of a child with a complex chronic medical condition
• HPI: EB is 6 yo M with urinary frequency
  • Started to bring a bottle of water to school with him for about two months
  • The assistant principal notified his parents that he’s been eating breakfast at school for the past 3 weeks
  • His parents have also noticed that he’s been getting up a few times at night to go to the bathroom

• Labs:
  • POC glu “HI”
  • A1C 10.4

• Sent home with his doctor mom that night after talking to Peds Endocrinology. Promised not to feed him any carbs until his appointment with them the following morning
WHAT THOUGHTS/QUESTIONS IMMEDIATELY COME TO MIND?

• I hate it when I’m right!
• OMG, this is something my child will have to deal with for the rest of his life
• I have no idea how to count carbs!
• How do we explain this to his siblings, friends, teachers, etc?
• How many shots/sticks a day will we have to do?
• How do I tell him that he can’t be a firefighter when he grows up?
BASIC T1D PATHOPHYSIOLOGY

Pancreas

Insulin

Glucose

Pancreas
RANK THE CARBS

- 6 peanut butter crackers
- 1 banana
- ¼ c. trail mix
- 1 c. strawberries
- Carrot sticks with 2 Tbs Ranch Dressing
- ½ c. fruit juice
CHALLENGES FOR EZRA

• Insulin
• Being different
• Athletics/extracurricular activities
• Having supplies at hand
• Checking blood sugars
• Recognizing symptoms of highs and lows
• Knowing how much to bolus when on his own
• Using the technology that’s attached to him
• Respecting adults when they don’t understand
HOW MANY COTTON BALLS CAN YOU FIND?
CHALLENGES FOR EZRA’S PARENTS

• Counting carbs
• 504 v IEP
• Supplies and backups
• Educating all adults responsible for him
• School nurse protocol
• Learning to let him take some control
• Is he _____ because of his sugars or not?
• Seeing him as a person and not his disease
CHALLENGES FOR BOTH

• “I don’t want to do this anymore”
• Not singling him out when he’s with his brothers
• Caregiver PTSD
• Trying to give him a normal childhood
• Not getting angered with good intentions
• We’re not perfect
IN A NUTSHELL:

- Wake up.
- Check blood sugar.
- Treat low.
- Oops, overtreated low. Give insulin.
- Count carbs and eat breakfast.
- Snack to avoid going low again.
- Check blood sugar.
- Count carbs and weigh food. If out to eat, take a wild guess and give insulin.
- Oops, wrong guess on the carbs. Correct with more insulin.
- Snack to keep blood sugar stable. (Who are we kidding? There’s no such thing as stable).
- Count carbs, give insulin, eat dinner.
- Check blood sugar (Snack if needed).
- Go to bed.
- Wake up.
- Do it all over again. Only this time, it will all be different.
TAKE HOME MESSAGES

• Ask kids and family members how they are doing
• Listen
• Be an advocate
• Be willing to learn
QUESTIONS?