

# Psychology and Diabetes Care



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# Psychology and Diabetes Care

A Practical Guide

 Springer

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# Preface

Welcome to *Psychology and Diabetes Care: A Practical Guide!*

Diabetes is considered to be a major public health issue in the twenty-first century; however, it is much more than that. Representing a very personal daily challenge for people living with the condition and their families, diabetes requires high levels of self-management to maintain optimal diabetes control and prevent or delay the onset of long-term diabetes-related complications. For some people, this challenge can become demanding and burdensome, leading to feelings of burnout and despair. This challenge continues with no respite or cure available. Yet the experience of living with diabetes can vary dramatically from person to person. People are all unique and adapt to and behave differently in any given situation. The personal response to diabetes is no different. Positive psychological adjustment to the condition is crucial, however, to ensure optimal quality of life as well as biomedical outcomes.

The outlook for diabetes care has never been brighter. Advances in technologies, diagnostic screening and improvements in structured education have been immense over the past few years with no sign of such progress abating. Developments in insulin delivery and continuous glucose-monitoring systems mean that people have greater control over their diabetes today than ever before. The amazing achievements of role models with diabetes in sports, the media, and entertainment, to name but a few, illustrate that diabetes does not have to hold people back. The other side of the coin, however, is that people with diabetes and their families are

under ever-increasing pressure to maintain optimal self-care behaviors and take greater responsibility for healthy lifestyle choices than ever before.

Throughout the following chapters, each author explores a different aspect of diabetes and positive adjustment to it. We have tried to provide a balance between psychological theory, research, and practical experience. As such, there are practical tips throughout the chapters designed to help you support people with diabetes more effectively, and it is hoped that you will use the book as a handy resource to pick up and refer to whenever you need to. Providing the information that people need at a time and way that is most appropriate to them is key to optimizing diabetes care and enhancing quality of life. Balancing short-term situations with longer term objectives using the behavior change techniques presented in this book will help provide the support required for living with diabetes.

The book starts by taking a look at the diagnosis of diabetes and considers what that might mean to the individual, as well as some of the common psychological problems associated with diabetes such as depression and burnout. Chapter 2 contains two very open, honest, and personal stories from two people living with diabetes and their journey from diagnosis to the present day. It is important to keep in mind that these are only two individual personal stories and not everybody with diabetes will have similar experiences. This chapter is a very useful one though, because it reminds us of the range of emotions that people can experience as they work through their diagnosis and come to terms with their condition. Chapters 3 and 4 look at how diabetes is experienced in children and adolescents, and gives practical advice on how to support these groups and their families through the specific stages of change as they move into adulthood. Here we take a look at some of the social challenges that can be associated with living with diabetes, with a specific focus on the impact of alcohol on social relationships and diabetes self-management. There are some very useful tips to help health care practitioners talk openly about potentially difficult issues both within and beyond clinic settings.

Chapter 5 focuses on what we have called “special groups,” the first of which considers the particular concerns for individuals from minority ethnic groups, using South Asians with diabetes as an example. The second special group discussed is women experiencing pregnancy and looks at the needs of women through pre-conception care and gestational diabetes and, in particular, the psychological impact of increased risk and increased monitoring. The psychological impact of having more than one condition – often termed “comorbidity” – is the focus of the next section, with the chapter finishing with a consideration of the particular psychological needs of older people with diabetes.

Finally, Chapters 6 and 7 look at psychological behavior change techniques to help support people with diabetes in clinical settings, giving some useful practical examples. While supporting optimal diabetes care requires a multidisciplinary team approach, the major contributor to optimal diabetes control is the person living with the condition. Only they know whether they are able or willing to attempt the behavior changes necessary to maximize well-being and good diabetes control and, as such, are an essential part of that team.

We hope this book gives you an in-depth understanding of the experiences of people with diabetes and will be a useful ongoing resource, providing you with some practical tips on giving psychological support to individuals with this serious long-term condition. This book is the result of many different people’s hard work and we would like to take this opportunity to thank them all. In particular, a vote of thanks goes to all our colleagues who contributed to this book and to our editorial assistants at Springer, Denise Roland and Teresa Dudley.





# Contributor Biographies

*Dr. Lorraine Albon* graduated in medicine in 1992 after first completing a degree in human sciences. Her internal medicine training was undertaken in London and Birmingham, where she developed an interest in diabetes and endocrinology. Her subspecialty interests include obesity management and adolescent care. She completed her M.Sc. in 1999 with distinction, and in 2004 was appointed as consultant physician in Portsmouth. She has multiple roles; primarily an acute physician, she has developed her diabetes service with a focus on bariatric medicine; she is also the lead for care of young people with diabetes in the Gosport area of Hampshire. A lecturer on issues pertaining to young people at the University of Warwick, Dr. Albon also speaks locally and regionally on both obesity and young people's issues. She is currently involved with both the Society for Acute Medicine and the Royal College of Physicians with the aim of improving the experience of young people in the acute sector.

*Dr. Katharine Barnard* specializes in the psychosocial impact of diabetes. Having attained an Open University honors degree, followed by an M.Sc. in health psychology and a Ph.D. in quality of life in type 1 diabetes at the University of Southampton, Dr. Barnard has a longstanding research interest in the psychosocial issues associated with diabetes. Through this research, a broad understanding has been gained of the factors that contribute to the quality of life and the impact that diabetes has on both the individuals with the condition and their family members. Dr. Barnard's collaborative research spans a number of multinational clinical trials covering psychosocial aspects of diabetes. The effect of

diabetes, both medically and socially in terms of everyday coping, psychosocial impact, and psychological burden, is a multifaceted and complex area and Dr. Barnard's research to date has made significant advances in unraveling some of these complexities. Other research interests include maximizing recruitment to clinical trials and self-monitoring of blood glucose in type 2 diabetes. Dr. Barnard is an associated lecturer at a number of UK universities and maintains strong academic links.

*Michelle Bushell* qualified as a registered nurse in 2008 following completion of a bachelor of science degree in nursing from the former University of Central England in Birmingham. Since qualifying, she has worked as a staff nurse within the acute medicine directorate on a ward with a specialty in diabetes. Michelle was diagnosed with type 1 diabetes at the age of 10 in November 1994 following a rapid onset of symptoms and has been privy to many advances over the years in treatment regimes. Michelle believes the decision in choosing her career path of becoming a diabetes specialist nurse is due to the outstanding care she has received over the years and would like to be able to contribute that similar care to fellow patients with diabetes. Michelle is passionate about improving diabetes care and is a regular guest speaker on the Warwick University Certificate in Diabetes Care Course and has recently completed her postgraduate diabetes degree course herself at Birmingham City University.

*Dr. Deborah Christie* is a consultant clinical psychologist and honorary reader in pediatric and adolescent psychology. She is clinical lead for pediatric and adolescent psychology at University College London Hospitals NHS Foundation Trust. She currently works with young people who are searching for ways to live with chronic illness, including diabetes, obesity, arthritis, chronic fatigue, and chronic pain syndromes. She has published over 80 peer-reviewed papers and chapters. Her current research interests include neuropsychological outcomes in children and adolescent survivors of meningitis, quality of life measures in chronic illness, and the development of effective multidisciplinary interventions for diabetes

and obesity in children and adolescents. Dr. Christie is an established international presenter and trainer in motivational and solution-focused therapies, helping multidisciplinary teams develop effective communication skills with adolescents and families. She developed the Healthy Eating Lifestyle Programme (HELP) as part of the University College Hospital Weight Management Clinic. In 2001, Dr. Christie was awarded the Association for the Study of Obesity Best Practice Award and the Society for Adolescent Medicine Diabetes Award in Adolescent Health. She received the award for Outstanding Scientific Achievement in Clinical Health Psychology in 2004.

*Sue Craddock* qualified as a nurse in 1974 at Stoke Mandeville Hospital, UK, and started to develop her career in diabetes after she moved to Portsmouth in 1976. She achieved her diploma in nursing in 1979 and her master's degree in 1997. She then worked with Professor Ken Shaw to develop the Specialist Diabetes Service for Portsmouth from 1985 onward. The team won the Hospital Doctor Diabetes Team of the Year Award in 1998. Sue was appointed as consultant nurse to this service in 2001 until 2010 when she left to pursue her academic career. Sue was also a cofounder of the Royal College of Nursing Diabetes Forum and its chairman from 1990 to 1992. She then joined the Education Committee of the British Diabetic Association (now Diabetes UK) and acted as chairman for a year before the reorganization took place. Sue was a cofounder of the DESMOND program and continues to support the development of structured education through this initiative by being a national trainer and assessor as well as part-time educator. She is part of the team that was awarded the Health Service Journal Skills Development Award in 2007 for the quality assurance work of DESMOND. She has developed specific expertise in the area of "self-management" support and behavior change in those who deliver care to people with diabetes as well as to those who live life with diabetes. She is currently undertaking a funded Ph.D. to study the quality assurance tools used to observe educator behavior in the DESMOND group

program. Sue also acts as education consultant to industry and academia.

*Joe Fraser* was diagnosed with type 1 diabetes in 1999, aged 13. After learning to take control, he wrote *Joe's Rough Guide to Diabetes*, a practical manual for people with type 1 diabetes. In 2006, with sponsorship from Sanofi Aventis, 20,000 copies were published by Wiley and distributed throughout the UK. After completing an English degree at Exeter College, Oxford, in 2008, Joe set up Joe's Diabetes Ltd ([www.joes-diabetes.com](http://www.joes-diabetes.com)), rewrote the book for a second edition, and designed "Joe's Small-in-one" carry case. This compact bag takes all a person with type 1 diabetes needs for 24 h treatment, which gives a good reserve of supplies without being too bulky. In 2010, Joe appeared in an article for *The Times* about his diabetic experiences and became involved with various diabetic groups. These include the Warwick Diabetes Research, Education and Users' Group; Getting Sorted; and The SWEET Project and NHS Diabetes, helping to standardize education for patients. This work has led to Joe giving talks on diabetes to diabetic groups, schools, universities, and at the Diabetes UK Conference in 2011.

*Dr. Colin Greaves* is a senior research fellow at the Peninsula College of Medicine and Dentistry (Primary Care), specializing in research on lifestyle behavior change. He is a chartered psychologist and a practitioner health psychologist. He is engaged in a wide range of research to develop and evaluate practical interventions to help people change their lifestyle behaviors in order to reduce their risk of cardiovascular disease and type 2 diabetes. Dr. Greaves has also helped to develop intervention materials and training courses for service providers to support people to lose weight (through changes in diet and physical activity) and to stop smoking. He helped to develop a European guideline (the IMAGE guideline) on the prevention of type 2 diabetes and its associated training curriculum for diabetes prevention managers.

*Professor Richard Holt* trained at the University of Cambridge and the London Hospital Medical College. He undertook his postgraduate training in diabetes and

endocrinology in the South East Thames Region. While a Medical Research Council Clinical Training Fellow, he completed a Ph.D. on the growth hormone – insulin-like growth factor axis in childhood liver disease. He was appointed as senior lecturer in endocrinology and metabolism at the University of Southampton in May 2000, was promoted to reader in March 2006, and became professor in diabetes and endocrinology in September 2008. Richard's current research interests are broadly focused around clinical diabetes and endocrinology. These encompass studies of the relationship between mental illness and diabetes, the developmental origins of adult diabetes and cardiovascular disease, and the effects of the adult environment, in particular the benefits of physical activity and risk of obesity. Richard is currently the European region editor of *Diabetic Medicine* and reviews editor of *Diabetes, Obesity and Metabolism*. He is the chair of the Council of Healthcare Professionals of Diabetes, UK, having previously served as the vice chair of the Science & Research Group and chair of the Annual Professional Conference Organising Committee.

*Dr. Cathy Lloyd* is an academic and researcher at the Open University, where she is a senior lecturer in the Faculty of Health & Social Care. She has been involved in teaching pre-registration nursing and courses in health care studies, where understanding the personal experience of diabetes and other long-term conditions is a central tenet. Her current research interests include the experience of comorbid physical and mental illness, and, in particular, the impact of the ever-increasing burden of diabetes and its psychological sequelae on both an individual as well as societal level. Recently, the measurement of psychological well-being and the cultural applicability of existing tools to measure psychological distress in minority ethnic groups has been the focus of her funded research, which has led her to international collaborations with colleagues from the Dialogue on Diabetes and Depression (DDD) as well as from the European Association for the Study of Diabetes (EASD) Psychosocial Aspects Study Group.

*Professor Alan Sinclair* is an international expert in diabetes and geriatrics and is professor of medicine at the University of Bedfordshire and dean at the Bedfordshire & Hertfordshire Postgraduate Medical School. He regularly provides advice for the UK NICE organization and for the Department of Health on matters relating to diabetes in older people. He has produced international guidelines on diabetes care for older people available at [www.instituteofdiabetes.org](http://www.instituteofdiabetes.org). Professor Sinclair was academic director of the EUGMS (European Union Geriatric Medicine Society) between 2001 and 2005. He has interests in ageing and nutrition, stroke illness, and cognitive dysfunction/Alzheimer's disease. He is the lead for diabetes in the GerontoNet collaboration, headed by Professor Vellas of Toulouse. Alan has been designated a WHO Expert in Diabetes. He is the author of many papers in the area of geriatrics, nutrition, and diabetes. He is the author of the first textbook on diabetes in old age published by Wiley & Sons, and in 2009 the third edition of this textbook was published. Professor Sinclair is the national clinical lead in England for diabetes and older people and is currently leading a global initiative on diabetes in older people for the EASD. In May 2008, Professor Sinclair officially launched the first institute of its kind devoted to diabetes in older people (Institute of Diabetes for Older People, IDOP) and has assembled a prestigious advisory board to promote its development.

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