Balancing T1D and Asian Cultures

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Welcome!

- Diabetes already isolates our children so having an event to show inclusiveness is important
- The percent of diabetes across various cultures is similar
- We need to be represented in studies
- We understand the importance of cultural traditions and want to help you
Balancing T1D and Asian Cultures with the help of the mental health provider

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Cultural Fundamental Differences

- Stereotypes exist among Asian cultures
- “Our health conditions are no one’s business”
- “It is shameful to have a health condition”
- “No one needs to see a mental provider, it is a sign of weakness”
- “The doctors do not understand us.”
- Guilt
Culture and Tradition are Important

- Reassurance that the family’s cultural beliefs and traditions can continue (gatherings, meals, etc)
- For all ages groups and cultures the diagnosis of type 1 diabetes can be a surprise.
- Educating the family is important
- Definition of Type 1 vs Type 2 Diabetes
- New age = New insulins, technology and prognosis; it’s no longer back in X country….
Inviting the whole family

- Don’t hide (BG checks, injections, etc) and normalize the exposure
- Respect the family elders; acknowledge their opinions but emphasize the importance of insulin
- Attend an “Understanding DM” class so they can ask questions and participate (sometimes better to come separately from the immediate family)
- Invite them to your important events, we’ll going to X and want you to see the performance, etc.
Developmental Stages of a toddler and diabetes expectations

- Just starting to be mobile
- Developing personality
- Parents are the key
- Post meal injections/boluses
- Expectations: to be able to keep the sensor/pump on
- OR stay still enough for a BG check and injection
- Some cultures do a family bed; worries about lows and highs
Where a mental health provider can help...a toddler

- Mainly the support is for the parents and resources from other parents may be the most helpful
- Consistency with rules is super important
- Parents need to care for themselves
Developmental Stages of a preschooler and diabetes expectations

- “NO!” is their favorite words
- Learning how to regulate emotions
- Learning how to get along with others
- Pre meal injections/boluses should start
- Expectation: to be able to keep the sensor and pump on
- OR stay long enough for a BG check and injection
- Parents vocalize the symptoms of lows and highs
Where a mental health provider can help... preschool age child

- Again emphasis maybe more on the parents
- Play therapy
- If split between parents and other family members in care consistency is important at this age for developmental reasons as well as for diabetes control
- Don’t let the children make the rules; you are the adult
- You don’t need to feel bad for them
Developmental Stages of a school age child and diabetes expectations

- Trying and learning everything
- Rules are important
- During the day without parents
- Pre meal injections/boluses should start
- Invite participation: cleaning fingers to checking own BG
- Self discipline starts; expectations and right vs wrong; reward good behaviors
- Explanations of actions: why do we check for ketones?
Where a mental health provider can help...elementary school age

- First time kids can engage and express themselves
- School and the playground
- Learning needs and support for individualized educational plans
- Sports and other accommodations
- Again, establish rules. Don’t single out the child with T1D (only you can/cannot). You are the adult
Developmental Stages of a middle school age child and diabetes expectations

- Adolescence and the Developed World
- It’s a hard time for everyone
- Got to fit in and puberty is happening
- Peers become more important
- Should be able to check own BG, give injections OR help set up pump set changes
- Know how to treat a low or high without parent
- Sleep overs (it’s ok)
Where a mental health provider can help... middle school age

- First time peers become important
- First time testing limits
- Comparison and fitting in with peers are important
- Anxiety, depression may start to be prominent
- Counselling may be recommended
- Important to given them roles and responsibilities
- Diabetes Camp is an excellent time for everyone
- They need their parents!!!
Developmental Stages of a high school student and diabetes expectations

- Self expression
- Dating
- Driving
- Drugs
- Parents need to listen and parents don’t know anything
- Invincible and it’s not going to happen to me
- Don’t slow me down
- Should be completely independent; let them fail and help them out
Where a mental health provider can help....high school age

- It’s all about peers
- Independence
- Respect and Trust
- Burnout
- Anxiety, Depression, Body Image
- Transition to college
- Transition to adult providers