



Time for change: advocating for improved psychosocial intervention

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Psychosocial realities of childhood and adolescent diabetes

- Pose barriers to optimal treatment outcomes
- Address factors to improve quality of life and clinical outcomes
- Now is the time to improve psychosocial management on a larger scale



Psychosocial needs of parents



Why are programmes needed?

- Positive family functioning is closely tied to good metabolic control
- Parents' role must change as the child with diabetes develops
- Parents can benefit from being connected to other parents facing same challenges



Effective parenting in general

- Is sensitive to normal tasks of child development
- Sets clear limits and enforces them in a positive, low-conflict and accepting style
- Stays involved as the child develops



Effective parenting of a child with diabetes

- Integrates diabetes management plan around normal developmental tasks
- Learns to live with uncertainty
- Maintains/models hope, courage and optimism
- Masters complex technology and clinical decision-making
- Educates and advocates about diabetes at school
- Fosters youth autonomy while staying involved in diabetes management



Parenting the child with diabetes

- Parents often feel isolated
- Many parents benefit from diabetes support groups and family camps
- Connecting families living with diabetes to other families is important for parents and for children