CE Event
Format: Webinar
Date: February 10, 2016
Time: 1:00pm-2:00pm MDT
CE CREDITS: 1.0 CE credit for 1 hour webinar
Type: Didactic with Question and Answer

Presenter
Jenaca Beagley, NP-C, CDE
Michelle Smith, FNP-C

Presentation Title
“Medical Management of Co-Diagnoses: Diabetes and Eating Disorders”

Training For
Staff of Hospitals, Medical Centers, Mental Health Clinics: General Medicine Physicians, Psychiatrists, APRN’s, Psychologists, Counselors, Dietitians, Nurses, Mental Health Technicians

Length of Training
This presentation will last 1 hour, and thus 1 CEU hours of training is the total offering. This presentation will include didactic content, discussion, case vignettes, examples, stories, visual presentation, handouts, and some activities in which reflection, imagery, sharing, and experiential activities are utilized to solidify learning

Abstract/Presentation Description
Those who suffer with both an eating disorder and Type 1 Diabetes are faced with many challenges. This presentation will address the basic pathophysiology such as management, insulin, and dietary guidelines for Type 1 diabetes and eating disorder clients. We will discuss the diagnostic criteria, why those with Type 1 Diabetes are at increased risk for developing eating disorders, food and dietary restraint, weight gain/higher BMI, using Insulin as a tool of deliberate insulin omission to control weight, and family dynamics. The common challenges and treatment options available to this population will be explored. Valuable treatment approaches such as the DMT1-ED model for professionals to implement will be discussed, as well as screening tools to quantify recovery progress.

Learning Objectives
At the end of this workshop the participant will be able to:
1. Understand basic pathophysiology and diagnostic criteria of Type 1 Diabetes and Eating Disorders
2. Identify reasons why those with DM are at increased risk for Eating Disorders
3. Identity common challenges and treatment options for those with DMT1 and Eating Disorder
Outline:

I. Basic overview of type 1 diabetes pathophysiology. – management, insulin, dietary guidelines

II. Reasons why people with Type 1 diabetes are more at risk for eating disorders
   a. Emphasis on food and dietary restraint
   b. Weight gain/higher BMI, result from intensive insulin therapy
   c. Insulin as a tool-(Temptation factor ) Easy availability of deliberate insulin omission to control weight
   d. Effect of diabetes on self-concept, body image, and family interactions
   e. Family dynamics involving autonomy and independence concerning diabetes self-management

III. Model of DMT1-ED - explain/simplify

IV. Screening tool to quantify recovery progress
   a. DEPS-R specific to DMT1 - ED

V. Recognizing ED in DM

VI. Common challenges and treatment options

Peer-reviewed citation:

DIABETES SPECTRUM JUNE 2009: Amy Criego and Joel Jahraus

Patricia Colton, Gary Rodin, Richard Bergenstal, and Christopher Parkin

Amy Criego, Scott Crow, Ann E. Goebel-Fabbri, David Kendall, and Christopher Parkin
Eating Disorders and Diabetes: Screening and Detection Diabetes Spectrum June 20, 2009 22:143-146; doi:10.2337/diaspect.22.3.143

Ann E. Goebel-Fabbri, Nadine Uplinger, Stephanie Gerken, Deborah Mangham, Amy Criego, and Christopher Parkin
Outpatient Management of Eating Disorders in Type 1 Diabetes Diabetes Spectrum June 20, 2009 22:147-152; doi:10.2337/diaspect.22.3.147

Patti Urbanski, Ann E. Goebel-Fabbri, Maggie Powers, and Dawn Taylor. The Diabetes Educator's Role in Managing Eating Disorders and Diabetes. Diabetes Spectrum June 20, 2009 22:159-162; doi:10.2337/diaspect.22.3.159

Patricia Colton, MD, MSC1, Marion Olmsted, PHD1, Denis Daneman, MB, FRCPC2, Anne Rydall, MSC1 and Gary Rodin, MD, FRCPC1. Disturbed Eating Behavior and Eating Disorders in Preteen and Early Teenage Girls With Type 1 Diabetes. A case-controlled study. Diabetes Care July 2004 vol. 27 no. 7 1654-1659


Peveler RC. Type 1 Diabetes & Eating Disorders, Diabetes Care 2005


Critchley, S., Meier, M., Taylor, D., Eating disorders and type 1 diabetes practical approaches to treatment. Practical Diabetology, March/April 2014


Statement of possible risk: It is possible that participants, as a byproduct of attending this training, will have an opportunity to look at themselves and apply principles into their own lives, as well as those they treat. Therefore, there is always potential that participants could experience a mild degree of emotional discomfort as they look in the emotional mirror in application of these principles in their own lives.