

**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. Identify 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

**Eating Disorders and Diabetes: Preface** Diabetes Spectrum June 20, 2009 22:135-136; doi:10.2337/diaspect.22.3.135

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

**Eating Disorders and Diabetes: Introduction and Overview** Diabetes Spectrum June 20, 2009 22:138-142; doi:10.2337/diaspect.22.3.138

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

Ovidio Bermudez, Heather Gallivan, Joel Jahraus, Julie Lesser, Marcia Meier, and Christopher Parkin **Inpatient Management of Eating Disorders in Type 1 Diabetes** Diabetes Spectrum June 20, 2009 22:153-158; doi:10.2337/diaspect.22.3.153

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, MSC<sup>1</sup>, Marion Olmsted, PHD<sup>1</sup>, Denis Daneman, MB, FRCPC<sup>2</sup>, Anne Rydall, MSC<sup>1</sup> and Gary Rodin, MD, FRCPC<sup>1</sup>

**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

Goebel-Fabbri AE, Fikkan J, Connell A, Vangsness L, Anderson BJ. **Identification and treatment of eating disorders in women with type 1 diabetes mellitus.** Treat Endocrinol. 2002; 1(3):155-62.

Goebel-Fabbri AE, Fikkan J, Franko DL, Pearson K, Anderson BJ, Weinger K. **Insulin restriction and associated morbidity and mortality in women with type 1 diabetes.** Diabetes Care. 2008; 31(3):415-419.

Steinhausen HC: **The outcome of Anorexia Nervosa in the 20<sup>th</sup> centur.** Am J Psychiatry 159:1284-1293,2002

Colton P et al, **Eating disorders in girls and women with type 1 diabetes: A longitudinal study of prevalence, onset, remission and recurrence.** Diabetes Care 38:1212-1217, 2015

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

Rydall AC et al: **Disordered eating behavior and microvascular complications in young women with insulin dependent diabetes mellitus.** N Engl J Med 336:1849-1854, 1997

Hanlan, M., Griffith, J., Patel, N., Jaser, S., **Eating disorders and disordered eating in type 1 diabetes: prevalence, screening, and treatment options.** Curr Diab Rep, 13:909-916, 2013

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

Murphy,R., Straebler, S., Cooper, Z., and Fairburn, C., **Cognitive Behavioral Therapy for Eating Disorders** Psychiatr Clin North Am. Sep; 33(3): 611–627. 2010

Goebel-Fabbri AE. **Disturbed eating behaviors and eating disorders in type 1 diabetes: Clinical significance and treatment recommendations.** Current Diabetes Reports. 2009; 9(2):133-139.

Goebel-Fabbri AE, Anderson BJ, Fikkan J, Franko DL, Pearson K, Weinger K. **Improvement and Emergence of Insulin Restriction in Women with Type 1 Diabetes.** Diabetes Care. 2011; 34(3):545-550.

**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.