Disclosure to Participants

• Notice of Requirements For Successful Completion
  – Please refer to learning goals and objectives
  – Learners must attend the full activity and complete the evaluation in order to claim continuing education credit/hours

• Conflict of Interest (COI) and Financial Relationship Disclosures:
  – Presenter: Mark Heyman, PhD, CDE – Employee: One Drop, Consultant: Eli Lilly, Tandem Diabetes

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Strategies to Help People Overcome Fear of Hypoglycemia

Objectives

• Define fear of hypoglycemia

• Describe the importance of addressing fear of hypoglycemia in people with diabetes

• Identify strategies that CDEs can use to help people overcome fear of hypoglycemia

Meet Jill

• Jill is 25 years old and has been living with type 1 diabetes of 13 years.

• When she was 18, Jill had a severe low at a friend’s house and the paramedics were called.

• Jill now goes to great lengths to avoid something like this happening again.
Meet Roger

- Roger is 51 years old and has been living with type 2 diabetes for 12 years.
- Before starting insulin 2 years ago, Roger did a lot of research on the risks.
- The idea of hypoglycemia and losing control scares Roger, so he treats any blood sugar below 150mg/dl.

Overview of Fear of Hypoglycemia

What is Fear of Hypoglycemia?
Excessive fear of low blood sugar, leading to a negative impact on diabetes management behavior and quality of life
Types of Fear of Hypoglycemia
- Event-based fear of hypoglycemia
- Agency-based fear of hypoglycemia

What Causes Fear of Hypoglycemia
- Experience with past hypoglycemic events
- Limited real-world experience with hypoglycemia
- Beliefs about hypoglycemia
- Hypoglycemic unawareness
- History of GAD or panic disorder

Impact of Fear of Hypoglycemia
- Excessive worry
- Avoidance of everyday activities
- Sub-optimal blood sugar management
- Sleep challenges
Assessing Fear of Hypoglycemia

Informal Assessment
- Ask open-ended questions
- Listen
- Be curious

Formal Assessment Tools
- Hypoglycemia Fear Survey-II (HFS-II)
- Hypoglycemia Fear Survey-Parents of Young Children (HFS-PYC)
- Fear of Hypoglycemia 15-item Scale (FH-15)
- Children’s Hypoglycemia Fear Survey (CHFS)
Strategies to Help People with FOH

Education
- Education empowers people with diabetes by giving them information about:
  - What to expect with hypoglycemia
  - How to respond to hypoglycemia
- Education increases self-efficacy and helps people see they have the ability to deal with hypoglycemia

Challenge Thoughts and Beliefs
- People often have distorted thoughts and beliefs about hypoglycemia and their ability to handle it.
- Challenging these beliefs and reframing them to be more realistic can leverage behavior change
Exposure
• Shows people what it is like to have low blood sugar, making the unknown known
• Gives people evidence they can handle the symptoms of hypoglycemia and treat them effectively

Referral to a Mental Health Professional
• Impaired self-care after diabetes education
• Fear of Hypoglycemia continues to severely impact the person’s quality of life and functioning
• Patient requests referral
• If possible, refer to mental health professional who is knowledgeable about diabetes
  – American Diabetes Association Mental Health Provider Directory
  – https://professional.diabetes.org/mhp_listing

Questions?
Thank You!
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