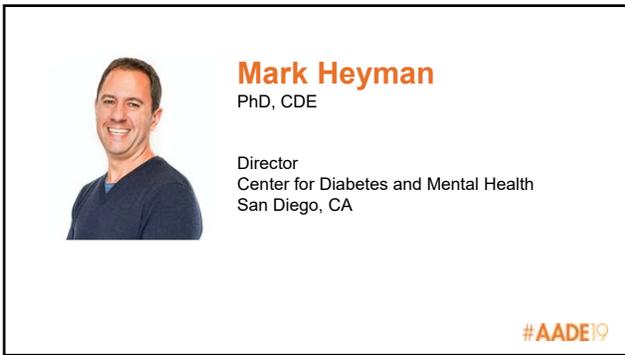
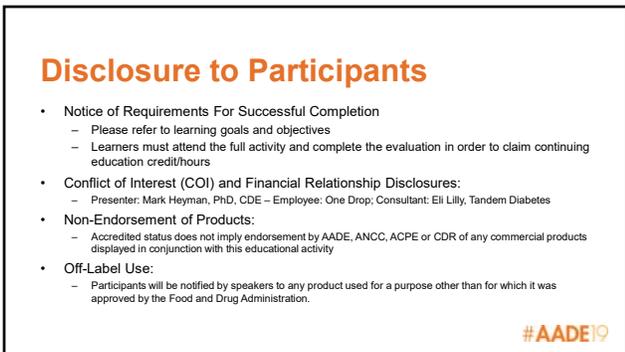




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Strategies to Help People Overcome Fear of Hypoglycemia

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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

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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.

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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.

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Overview of Fear of Hypoglycemia

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What is Fear of Hypoglycemia?

Excessive fear of low blood sugar, leading to a negative impact on diabetes management behavior and quality of life

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Types of Fear of Hypoglycemia

- Event-based fear of hypoglycemia
- Agency-based fear of hypoglycemia

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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

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Impact of Fear of Hypoglycemia

- Excessive worry
- Avoidance of everyday activities
- Sub-optimal blood sugar management
- Sleep challenges

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Assessing Fear of Hypoglycemia

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Informal Assessment

- Ask open-ended questions
- Listen
- Be curious

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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)

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Strategies to Help People with FOH

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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

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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

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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

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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

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Questions?

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Thank You!
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