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Title: Peer Coaching Interventions for Parents of Children with Type 1 Diabetes.

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Authors [Tully C](#)¹, [Shneider C](#)², [Monaghan M](#)^{2,3}, [Hilliard ME](#)⁴, [Streisand R](#)^{2,3}.

[Author information](#)

1 Center for Translational Science, Children's National Medical Center, 111 N. Michigan Avenue NW, Washington, DC, 20010, USA. ctully1@childrensnational.org.

2 Center for Translational Science, Children's National Medical Center, 111 N. Michigan Avenue NW, Washington, DC, 20010, USA.

3 School of Medicine & Health Sciences, George Washington University, 2300 Eye Street NW, Washington, DC, 20037, USA.

4 Baylor College of Medicine and Texas Children's Hospital, 1102 Bates Ave, Suite 940, Houston, TX, 77030, USA.

Abstract

PURPOSE OF REVIEW:

Peer support is a promising model of providing psychosocial support to parents of children with type 1 diabetes. This review seeks to discuss the findings of the existing literature in peer coaching as it relates to parents and diabetes as well as to identify gaps in knowledge for future intervention development and implementation.

RECENT FINDINGS:

Peer support programs vary widely with regard to recruitment, training, and delivery protocols. Across most programs, ongoing support and supervision are provided to peer coaches. Despite inconsistent effects on psychosocial and child health outcomes, parent coaching is consistently a highly acceptable and feasible intervention with parents of children with T1D. Current evidence supports use of parent coaching as part of a multicomponent intervention or program to increase patient satisfaction, but more research is needed to determine if it can stand alone as an active mechanism for behavior change. The use of peer coach interventions for parents of young children with diabetes is feasible to implement and highly acceptable. However, more research is needed to understand the enduring impact for target parents and peer coaches alike, as well as impact on child outcomes.

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Title: Sexual lifestyle among young adults with type 1 diabetes.

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[Pinhas-Hamiel O](#)^{1,2,3}, [Tisch E](#)¹, [Levek N](#)¹, [Ben-David RF](#)¹, [Graf-Bar-El C](#)¹, [Yaron M](#)^{1,3}, [Boyko V](#)⁴, [Lerner-Geva L](#)^{3,4}.

[Author information](#)

1 Maccabi Juvenile Diabetes Center, Raanana, Israel.

2 Pediatric Endocrine and Diabetes Unit, The Edmond and Lily Safra Children's Hospital, Tel Hashomer, Ramat-Gan, Israel.

3 Sackler School of Medicine, Tel-Aviv University, Ramat-Aviv, Israel.

4 Women and Children's Health Research Unit, Gertner Institute, Tel Hashomer, Ramat-Gan, Israel.

Abstract

BACKGROUND:

Sexual lifestyles including sexual activity, problems, satisfaction, and the formation and maintenance of relationships are greatly affected by physical health. Data are limited regarding the sexual lifestyle of adolescents and young adults with type 1 diabetes mellitus (T1DM). Fear of hypoglycemic episodes during sexual intercourse and intimacy issues can impact individuals with T1DM. The aim of this study was to assess sexual lifestyles of individuals with T1DM.

METHODS:

Fifty-three patients with T1DM, 27 (51%) males, mean \pm SD age 27.9 ± 8.3 years completed the Hypoglycemia Fear Survey-II and the Sex Practices and Concerns questionnaire.

RESULTS:

Thirty-seven (70%) reported they never or almost never had concerns in their sexual lifestyles that were related to their diabetes. None experienced severe hypoglycemia during sex, but 21 (40%) reported occasional mild hypoglycemic events. More than two-thirds do not take any measures to prevent hypoglycemia before sex (decreasing insulin dose, snacks, and measuring blood glucose levels). Fear of hypoglycemia during sex was reported by 18 (35%); those who reported increased fear experienced mild hypoglycemic events during sex (61.1% vs 26.5%, $P = .01$), were singles (94.4% vs 64.7%, $P = .02$), and had higher scores on the Worries subscale of the Hypoglycemia Fear Survey-II (42.8 ± 12.8 vs 34.9 ± 10.5 , $P = .04$) compared with those who did not.

CONCLUSIONS:

Among young people with T1DM, most do not have concerns regarding sex that are related to their diabetes, and most do not take specific measures before or after sex. One-third, however, fear of hypoglycemia during sex, mostly singles and those who experienced hypoglycemia in the past. Caregivers should be aware and address these concerns.

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