School Navigation: Better understanding of the importance and use of the diabetes medical management plan and the Scope/Impact of Diabetes in Pediatrics

Exercise as Medicine

Skills Refresher

Online registration available: https://cmetracker.net/MLBH/Catalog

Improving Family Health Literacy

Helping the Student Succeed

Training: Insulin and glucagon administration, ketone management, carbohydrate counting, and new technology.

Cost is $15 per person.

School Lunch Hour: RD Scoop

Diabetes Technologies

Education: Effective dissemination of best practice information.

Effective Use of the School Care Plan

Strategies to Reduce Obesity in the Pediatric Population

Community: Increasing awareness of available resources in the community and formation of community partnerships.

ASK THE NURSE: How To Keep Insulin Safe in The Summer

Allison Drane, RN, BSN, CPN

Summer is a time for long, lazy days spent outside and a break from the regular school routine. The average summer temperatures in Memphis range between 70-92 degrees. This is important to know when considering where and how you store your insulin. Once insulin is opened, it may be stored at room temperature for 28 days (this excludes mixed insulin like “Humalog 75/25,” “Novolog 70/30,” etc. that can be stored at room temperature for only 10 days). Room temperature is considered to be between 59-86 degrees. Any unopened insulin should be kept in a refrigerator and should never be frozen. Although it seems convenient, it is not recommended to leave insulin in a car during any season. The reasoning for this is that although it may not feel hot outside, temperatures in a car can quickly rise above 86 degrees. Let’s say that it is a mild summer morning and around 70 degrees outside. Your car is parked in your driveway and within 10 minutes, the inside temperature of the car is 89 degrees. 20 minutes later, it is a sweltering 104 degrees! Any insulin left in the car now needs to be thrown away. Once insulin is exposed to “above room” temperatures, the proteins that make the insulin effective begin to quickly break down. This means that even though you may have given the right amount of insulin at the right time, your blood sugar will still be elevated because the medication isn’t working like it’s supposed to.

Many families enjoy traveling and spend extended periods outside enjoying the warm weather. One tip for insulin storage is to keep the insulin in a designated cooler or lunch box that has cooling packs to prevent it from getting too warm. If you use an ice pack, be careful not to set the insulin directly on the ice. As you enjoy the summer months, remember to keep your insulin in the refrigerator until you’ve opened it and then store it at room temperature for the recommended time. Now get outside and enjoy all of the swimming, playing, and relaxing that summer has to offer!

COMMUNITY RESOURCES:

FREE DIABETES EMERGENCY NECKLACE
Send a self-addressed, stamped envelope to: FREE Diabetes Necklace, 1832 Connecticut Avenue, NW, Suite 420, Washington, DC 20009

CHURCH HEALTH AND WELLNESS CENTER
Free diabetes classes offered on second Saturday of each month.

901-259-4673

JDRF WEST TENNESSEE CHAPTER
JDRF is the leading global organization funding Type 1 diabetes (T1D) research. Our strength lies in our exclusive focus and singular influence on the worldwide effort to end T1D. Contact JDRF for more information: 901-861-0550

AMERICAN DIABETES ASSOCIATION
1-800-342-2383 • www.diabetes.org

MEMPHIS FIT KIDS
A free online grant-funded program that assists families in recognizing children’s health habits. Go online to memphisfitkids.org to find out more information.

WARM LINE
The Parent Support Warm Line is a free, live telephone line that connects parents with trained professionals who provide practical information, guidance and emotional support. The goal of the Warm Line is to help parents navigate stressful situations in order to help young children and teens flourish physically, socially and emotionally. The Warm Line may be reached Monday-Friday from 11 a.m. to 8 p.m. CST. Call 844-UHP-WARM

MENTAL HEALTH RESOURCES
Youth Villages/Youth Mobile Crisis: 1-866-791-9226
Memphis Police Department/Crime Intervention Team: 901-545-2677 or 9-1-1 for more information.

WHAT’S HAPPENING: Upcoming events

CAMP HOPEWELL IN OXFORD, MISSISSIPPI
- Diabetes: Week July 5-7 ages 6-9 y/o
- Type 1 Diabetes June 24-30 ages 10-16 y/o
- Diabetes Adventure Trip June 10-16 completed 7th through 10th grade

CAMP COURAGEOUS KIDS IN SCOTTVILLE, KY
- Diabetes June 10-14 ages 7-15 y/o
- Fall Retreat November 9-11 ages 5-17 y/o

CAMP SWEENEY - GAINSVILLE, TX
- Session 1: June 10 – 29
- Session 2: July 1 – 20
- Session 3: July 22 – Aug. 10

CAMP DAY2DAY (DAY CAMP):
- June 6-10 ages 6-18 y/o

JDRF PROMISE BALL “AN ENCHANTED JOURNEY TO THE CURE!”
- June 9th – The Hilton Hotel Memphis
- Tickets sales at www.jdrf.org/westtn

IT’S TIME FOR OUR BACK TO SCHOOL CONFERENCE
August 3, 2018 (7 a.m. - 1:15 p.m.)
Presented by: Le Bonheur Children’s Hospital

The Annual Back to School Diabetes Conference provides the opportunity for the Le Bonheur Diabetes Team, school nurses or personnel, registered dietitians, and families with children diagnosed with diabetes to interact in the same environment while increasing the knowledge base for diabetes management in the school setting. This program will equip participants with current and safe diabetes management practices. It will also expand skill sets on the use of new diabetes technology.

OUR FOCUS
- School Navigation: Better understanding of the importance and use of the diabetes medical management plan and the 504 accommodation plan.
- Education: Effective dissemination of best practice information.
- Training: Insulin and glucagon administration, ketone management, carbohydrate counting, and new technology.
- Community: Increasing awareness of available resources in the community and formation of community partnerships.

EDUCATION TRACKS
Choice of educational tracks to best fit your educational needs. Chosen at registration.

Session Themes:
- Scope/ Impact of Diabetes in Pediatrics
- Effective Use of the School Care Plan
- School Lunch Hour: RD Scoop
- Helping the Student Succeed
- Skills Refresher
- Diabetes Technologies
- Improving Family Health Literacy
- It Takes a Village: Panel Discussion
- Exercise as Medicine

Optional Sessions:
- Asthma: The Other Chronic Condition in Pediatrics
- Strategies to Reduce Obesity in the Pediatric Population

Featured Sessions - Keynote presentations for addressing realistic and specific situations related to diabetes management in the school setting.

Education Sessions - Information on trends in diabetes and support resources available.

Breakout Sessions - Skill building and application of principles in diabetes management, with hands on involvement by the attendees.

LOCATION
University of Tennessee Health Science Student Alumni Center
800 Madison Avenue
Memphis, Tennessee 38163

The registration for the Diabetes Back to School Conference on Aug. 3, 2018 is open! Tuition and registration must be received no later than July 12 at 5 p.m., and space is limited.

- Online registration available: https://cmetracker.net/MLBH/Catalog
- Or, fax your completed registration form and fees to: 901-516-8811
- Cost is $15 per person.

For more information, visit www.lebonheur.org and search “Endocrinology.”

You can also contact the Diabetes School Conference Planning Committee via email at endocrinecenter@lebonheur.org.
I joined the Endocrine clinic as the RN supervisor within the past year. I have worked at Le Bonheur since 1997. I grew up next door to the University of Tennessee, and knew immediately that I wanted to care for children at Le Bonheur. After 39 years and serving in several positions in the outpatient clinic, I am still committed to and passionate about providing the very best patient care to children and their families. I am grateful for the opportunity we have as nurses to make a difference in the lives of the families that we serve!

I have been married to my husband for 41 years, and we were both born and raised in Memphis. We have two sons and are blessed with two wonderful granddaughters! I love spending time with them (and probably talk about them too much). When I am not at work, I really enjoy working in the yard and spending time with my family and dogs.

Did you know that family members can also be critical in managing one’s diabetes. Le Bonheur Children’s Hospital and the University of Tennessee Health Science Center are part of an international network of leading academic institutions, physicians, scientists and health care teams dedicated to the prevention of type 1 diabetes (T1D). This network is called TRIAL NET. We offer risk screening for relatives of people with T1D and clinical studies to preserve insulin production.

What is risk screening?
We know that T1D has a genetic component. People who have family members with T1D have a higher chance of developing T1D than those who don’t. Risk screening is blood testing for family members of people with T1D to help detect those who have antibodies to their insulin-producing beta cells.

Want to learn more about TRIAL NET?
Ask your nurse or doctor. We also have a TRIAL NET coordinator that can explain things. Email requests for information can also be sent to endocrinecenter@lebonheur.org. Learn more about TRIAL NET at: https://www.trialnet.org.

Here are some tips for managing your blood sugars over the summer:
- Maintain consistent meal times.
- If your family is struggling to put enough food on the table, check out some of your location to you that offers a free meal for children.
- Exercise can benefit every member of the family. Aim for a goal of at least 60 minutes per day!
- Take advantage of all of the produce that is at its peak in the summertime. When fruits and vegetables are at their peak ripeness, they will give you the best nutrition and taste better! Replacing some of your intake of pre-packaged, processed foods with fruits and vegetables can help your blood sugars because they are a good source of fiber. Maybe even be brave and try a new fruit or vegetable you have never tried before. If you receive SNAP benefits, you can stretch the money further on produce purchases at some Kroger stores and farmer’s markets.
- Don’t forget physical activity. Those lazy days of summer can impact your blood sugar as well. Most children’s physical activity decreases over the summer due to breaks from school sports, the hot weather, and a general lack of routine. Make an effort to plan some activities this summer that get you moving! Set aside time slots during the week to be active as a family as exercise can benefit every member of the family. Aim for a goal of at least 60 minutes per day!

The Diabetes Control and Complications Trial (DCCT) was a study done between 1986 and 1993 with 1,440 adults and adolescents. It illustrated the relationship between higher glucose levels and long-term complications (the “glucose theory”). The study found proof that higher glucose levels were the main cause of long-term complications. Using intensive insulin therapies, (including MDI or the use of an insulin pump) greatly improved blood sugar levels in patients. Patients on intensive insulin regimens had fewer complications, including retinopathy (eye disease), nephropathy (kidney disease), and neuropathy (nerve damage). These complications were dramatically reduced by 47 to 76 percent. A European study showed similar results.

Adolescents aged 13-17 years old made up 15% of the patients studied. These patients showed the same blood sugar improvement as adult patients when placed on intensive therapies (MDI or insulin pump) and experienced the same decrease in long-term complications. Frequent blood sugar tests were an important factor in creating better blood sugars. The intensively treated patients also were given individualized blood sugar targets and frequent insulin adjustments based on the increase in blood sugar testing. The conventional group – two shots of mixed insulin per day – was not. The DCCT has been a benchmark study for diabetes care.

The Diabetes Care Program at Le Bonheur Children’s Hospital emphasizes teaching families to proactively prevent and react to blood sugar fluctuations by matching fast acting insulins to the amount of food eaten (unit per carb ratios) and constantly readjusting (correcting) high or low blood sugar numbers. Emphasis on the family as the primary care provider of the child’s diabetes means at-home adjustments can be made. The diabetes team provides a support network to help monitor the progress of the care provided, encourages families to participate in long-term (type I diabetes) to decrease the threat of short-term (ketosis, ketoacidosis and hyperglycemia) and long-term complications and guide the family through decision-making.