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## OT's Perspective on Type 1 Diabetes Management in College Students

Nimmy Thomas

*University of St. Augustine for Health Sciences, n.thomas2@usa.edu*

Cassandra Nelson

*University of St. Augustine for Health Sciences, cnelson@usa.edu*

Elizabeth Pyatak

*University of Southern California, beth.pyatak@chan.usc.edu*

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# OT's Perspective on Type 1 Diabetes Management in College Students

Nimmy Thomas, OTS; Cassandra Nelson, OTD, MBA, OTR, CNS, CEAS I; Dr. Elizabeth Pyatak, PhD, OTR, CDCES, FAOTA

## BACKGROUND

Diabetes is a chronic condition among individuals due to lifestyle changes, stress, poor dietary habits, and lack of physical activity. The targeted population will be individuals from ages 18-25 transitioning from the care of their parents to self-care management (Baker et al., 2019).

- High risk factors including stress and poor blood glucose management
- Social stigma from student peers

## PROBLEM

The lack of resources for students with type 1 diabetes on college campus, which can limit social participation and engagement in college-hosted events.

## BACKGROUND

To promote a healthy lifestyle to increase participation in meaningful activities for college students with type 1 diabetes through the development of resources.

### Outcome objectives:

- Conducts needs assessment, observation, and pre-survey will be developed for type 1 diabetes clients.
- Will initiate program development and address changes in creating a resource guide for students to follow for better diabetes management.
- Will complete the post-survey, and the researcher will create a manual on different topics beneficial for diabetes management.
- Provide informational session on diabetes management and promoting awareness among students and faculty.

## METHODS

### Setting

- University of Incarnate Word, San Antonio, TX
- 5 students were informed about the study.
- 2 participants completed pre-/post survey.

### Needs assessment:

- Conducted pre-surveys and utilized occupational profile to gather prior level of function and treatment before college
- Collaborated with accessibility and accommodations dept. and health clinic

### Implementation:

- 5 topics were chosen to educate students.
- 1 session per week for 5 weeks.
- Post-survey was conducted to assess the effectiveness of the program sessions.



## PROGRAM

### General Program Goals:

- Increase knowledge and awareness among college students about diabetes (causes, signs and symptoms).
- Promote self-management skills focusing on glucose monitoring, medication management, and problem-solving through diabetes related challenges
- Identify environmental barriers and promoting healthy food options on campus
- Facilitating peer support and networking opportunities with other diabetic students.

### Theoretical Frameworks:

The Occupational Adaptation Model (OA)

### Interventions:

- Education on nutrition and meal planning- portion control and education on food options.
- Physical activity- help regulate blood sugar and maintain healthy weight.
- Medication adherence- monitor glucose levels and taking precautions as needed.
- Education on stress management techniques to mitigate risk of diabetic complications
- Advocacy groups on campus to promote awareness and increase peer support for students with diabetes.

## Conclusion/ Future Directions

Continued investment in diabetes management initiatives within universities is essential for advocating the health and well-being of students and the overall academic success of students with diabetes. For further study, there are several ways to expand, such as telehealth interventions, personalized medication management, and identifying long-term complications and comorbidities associated with uncontrolled diabetes in college students (Fedor et al., 2017). Mental health can be impacted if it is not appropriately managed; students with diabetes can face much more significant problems, such as trouble concentrating in class and during exams.

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