

Youngson, Annabel, Wilby, Helen, Cole, Fiona and Cox, Diane (2016) Conceptualising diabetes self-management as an occupation. In: College of Occupational Therapists 40th annual conference and exhibition, 28-30 June 2016, Harrogate, UK. (Unpublished)

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“What time am I getting up, checking my sugars, I can’t go do this because I’ve got to wait here to get my sugar, I’ve got to get my food in the right way”

“What would happen if you did that activity, how would that impact on your diabetes?”

Conceptualising diabetes self-management as an occupation

“How is it impacting their occupations, what new occupations do you need to develop in order to support managing this chronic condition in a positive way, in a way that you still feel healthy, that you feel good and that it supports your occupational identity”

Bel Youngson
@OTBelY

Overview

Brief background to research

The occupational forms of diabetes self-management (DSM)

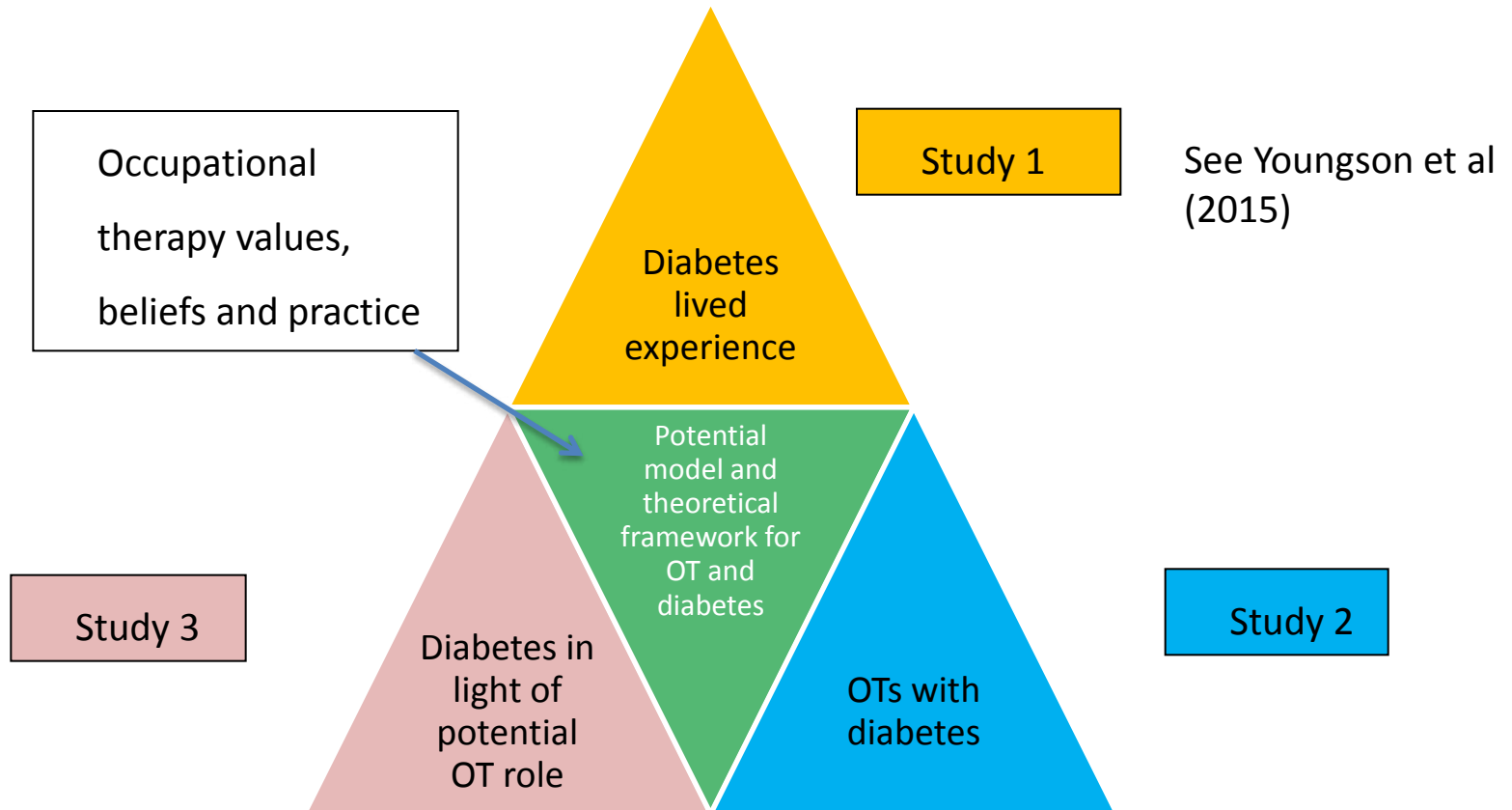
Using the Model of Human Occupation (MOHO) to illustrate one aspect of DSM

DSM in relation to other occupations

A framework for Occupational Therapy practice

Why is this important?

Brief background to research



Youngson (2016)

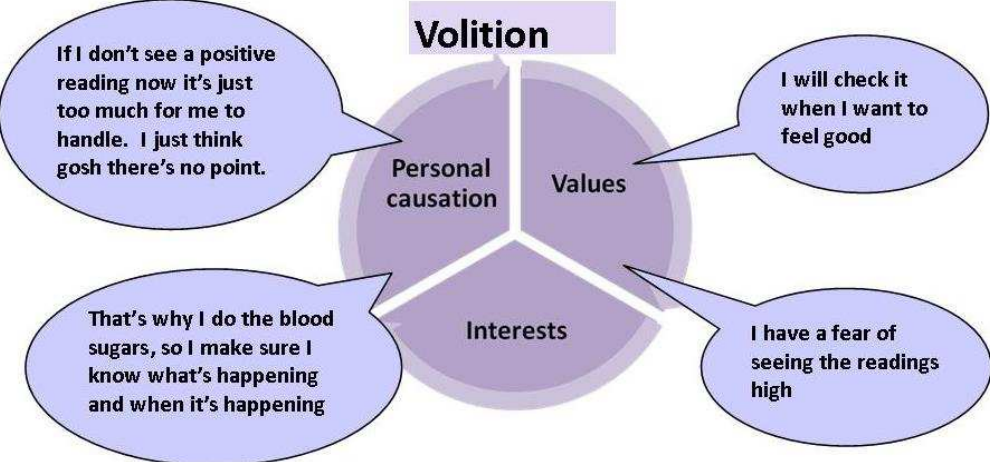
The occupational forms of DSM



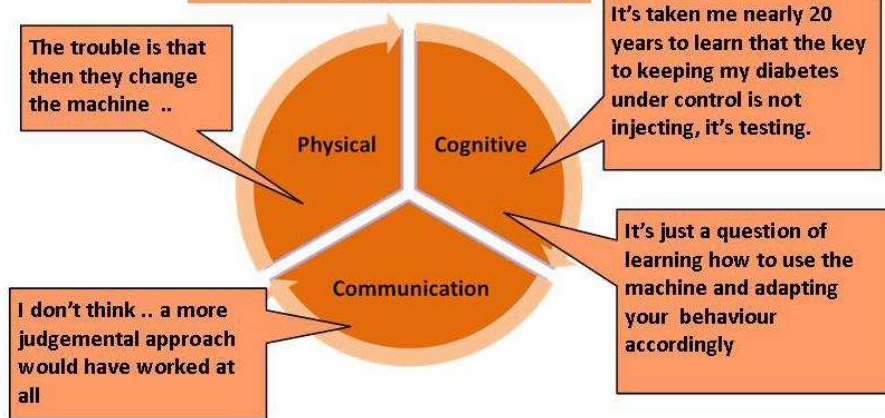
Youngson (2016)

Using MOHO (Kielhofner 2008) to illustrate one aspect of DSM

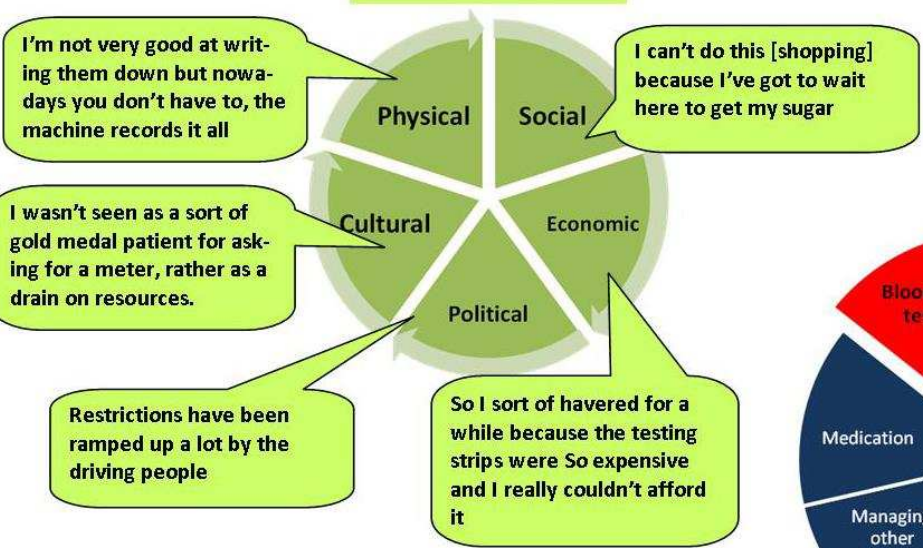
Volition



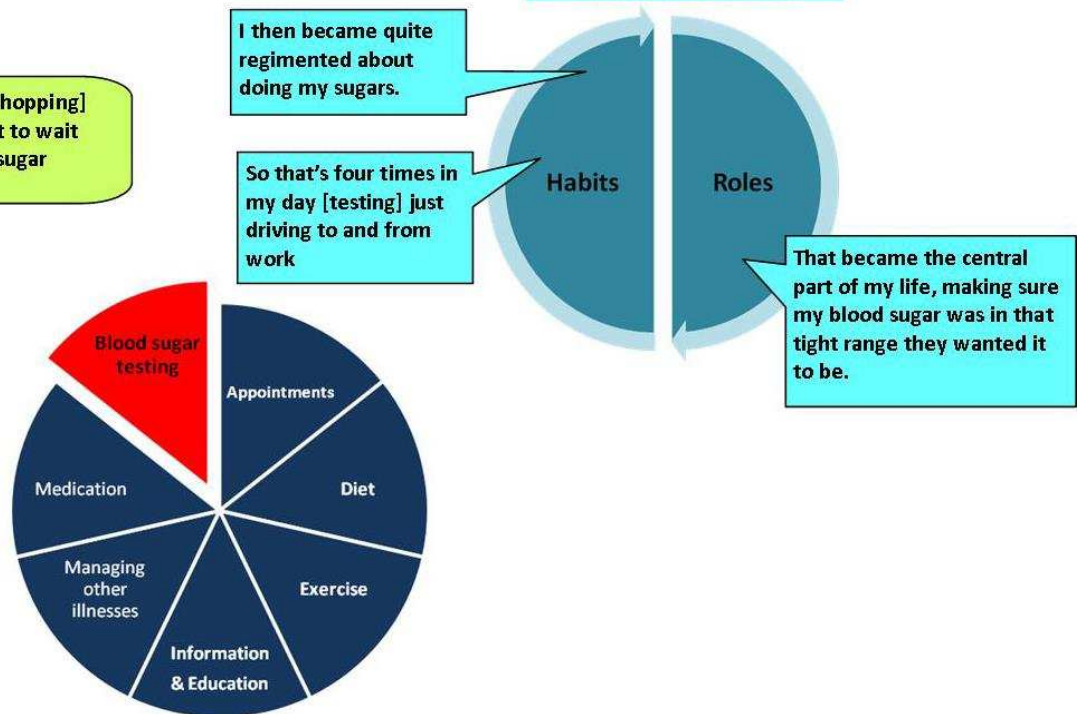
Performance capacity



Environment



Habituation



DSM in relation to other occupations

Youngson (2016)

Impact of occupation on diabetes

- Work:**
- Challenges
 - Stress
 - Meal opportunities
 - Finding time for appointments
 - Travel

- Sport & Exercise:**
- Improved mood
 - Improved blood sugar control
 - Insulin calibration

- Socialising with friends:**
- Food choices
 - Gifts of food
 - Peer pressure

- Looking after family:**
- Creating stress
 - Putting self last
 - Rewarding self with food
 - Lack of time to plan
 - Competing priorities

"If you're diabetic everything else that you need doing is affected by the fact that you're diabetic"



Impact of diabetes on occupation

- Driving:**
- Insurance
 - Licence renewal
 - Testing

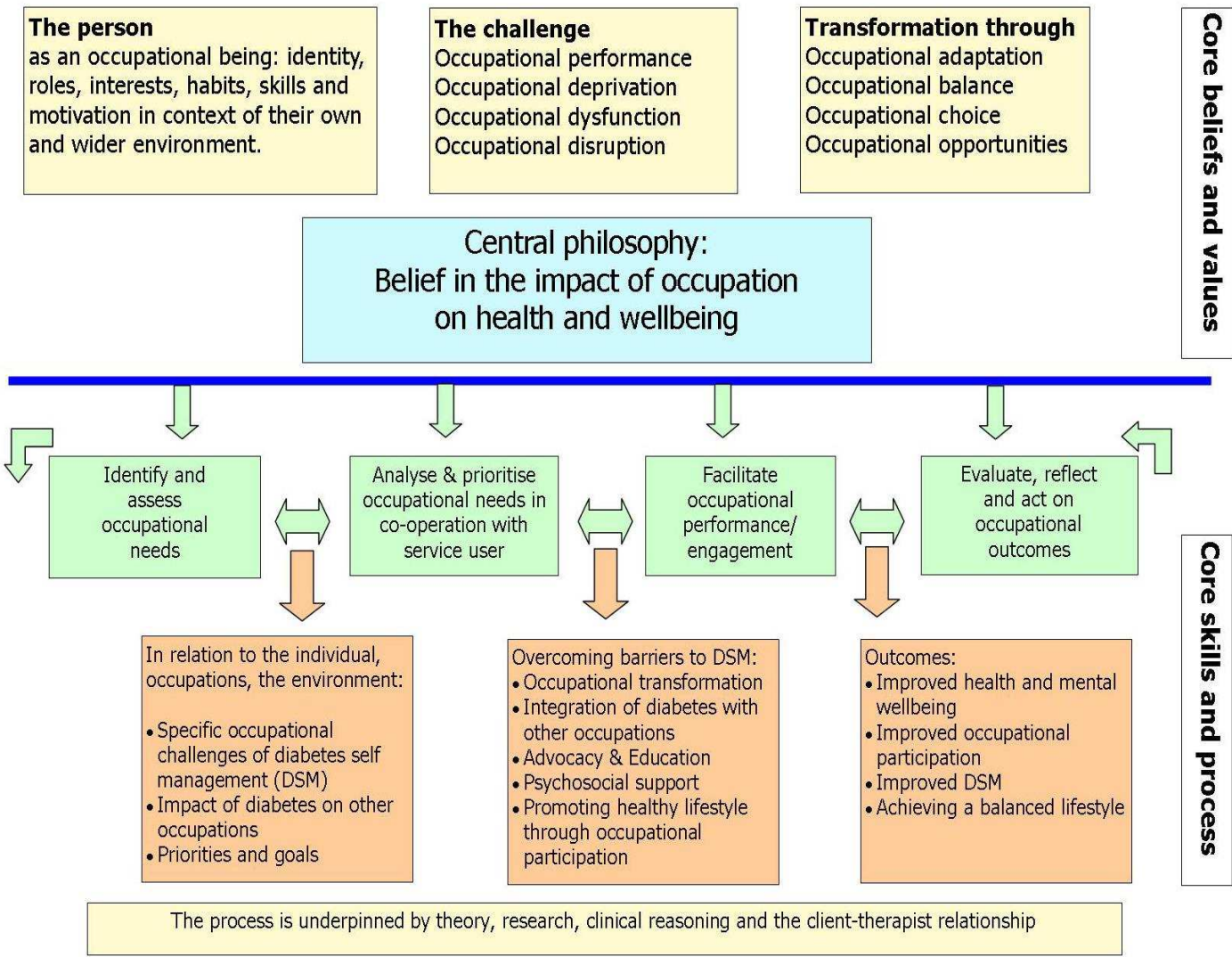
- Sport & Exercise:**
- Planning
 - Safety limits

- Food shopping:**
- Choice /Exclusion
 - Denial

- Socialising:**
- Food choices
 - Feeling nuisance
 - Avoidance
 - Spoiling others' pleasure

A framework for practice

Youngson (2016)



(This framework is adapted from the COT (2014) Learning and Development Standards for Pre-Registration Education, reproduced with permission from the College of Occupational Therapists under the COT open permissions licence v1, 2013, <http://www.cot.co.uk/authors-resources/authors-resources>).

Why is this important?

Other healthcare perspectives



Occupational therapy scope of practice



**Thanks to all the participants and
supervision team:**

Professor Diane Cox

Fiona Cole

Dr Helen Wilby



Any questions or comments?

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References

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