



# Turning Challenges Into Opportunities for Better Management of Type 1 Diabetes

A NEW learning program and practical resource for Diabetes Educators and Providers in helping those living with type 1 diabetes



Understanding the different archetypes of people living with diabetes can help those treating them understand differences in self-management philosophies and concentrate on specific issues hindering an individual's self-care control.

## Scientific Committee

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By participating in this program, you will have exclusive access to the following:



### Patient Profile Survey

Short questionnaire to identify which **archetype** your type 1 diabetes patient may be

*This survey uncovers which archetype your patient is by taking into account:*

- The Basics of T1D Management
- Lifestyle and Health Behaviours
- Self-Management Approach and Adaptability
- Attitude Towards Diabetes Self-Management
- Attributes and Characteristics



### Patient Archetype Overview

Education surrounding your patient archetype's **distinguishing behaviours** and **how you can support them**

*Areas a patient may need help*

- Mental Health
- Healthy Eating
- Physical Activity
- Insulin Therapy
- Glucose Monitoring

*How you can best help a patient*

- Investigator**  
Putting all the pieces together and understanding the patient's story
- Coach**  
Creating a plan and providing the patient skills/tools to achieve goals
- Counselor**  
Listening to patients and supporting their mental/emotional/educational needs
- Reinforcer**  
Providing encouragement and positive reinforcement
- Advocate**  
Fighting for what the patient needs in order to be successful



### Patient-centric Practical Discussion Tools

Sample questions/answers and relevant discussion topics to help identify and work through barriers/challenges



*Seek to understand each patient's experience by asking questions and practicing supportive listening*

*Explore topics together with sample:*

- Patient dialogue
- Guidance/courses of action
- Activities
- Resources

Should you require further information, please contact [type1@hit-global.com](mailto:type1@hit-global.com) or 1-888-862-9999 ext. 6654151



[www.type1careprogram.ca](http://www.type1careprogram.ca)





Each patient has a set of distinctive characteristics and behaviours that when identified, can provide valuable insights to help establish successful management plans.

Do you know which patient archetype you encounter most frequently in your practice?

*"Having diabetes, it's TOO much!"*

*My life is so hectic.*

*I don't know what I'm doing or where to even start..."*

### General attitude towards diabetes:

- Diabetes is a burden
- Acknowledges that more effort is needed, but is too helpless to do anything about it
- Feels judgement from others related to poor management and weight gain
- Defeated
- Despondent
- Disorganized
- Overwhelmed

## Struggler



*Strugglers benefit from judgement-free guidance, access to tools that will enable them to succeed, and a support system that keeps them in-check with more accountability*

## Simplifier



### General attitude towards diabetes:

- Just wants to live life within the confines of their comfort zone when it comes to diabetes management
- Takes a functional approach towards diabetes that revolves around set routines
- Has desire to gain more knowledge, but doesn't know how to translate that into daily life

*"Managing my type 1 diabetes is like another job for me."*

*It's just something I need to do and be on top of."*

*Simplifiers benefit from learning how to be a bit more flexible and take a more balanced approach when it comes to diabetes management*

# One-on-One Type One Care

*Minimizers benefit from someone who understands them, is on their side, and can help them come up with an individualized plan that doesn't diminish their dynamic lifestyle*

### General attitude towards diabetes:

- In denial about the impact
- Prefers to keep diabetes private from others
- Has no plans in place
- Only manages to avoid critical highs/low, hospitalization, or diabetic ketoacidosis
- Feels no guilt about not adhering to the self-care behaviours recommended to them by their diabetes health-care team
- Cynical
- Hedonistic
- Independent
- Spontaneous

## Minimizer



*"Diabetes is not going to slow me down."*

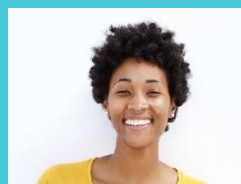
*I've got an ambitious bucket list and I'm going to live life to the fullest how I want."*

*Strivers benefit from positive reinforcement for their proactivity, and a support system that can help them set achievable goals and realistic expectations for a plan that is sustainable long-term*

### General attitude towards diabetes:

- Determined to be in control
- Every aspect of life is shaped around diabetes
- Constantly works hard to manage all aspects (healthy eating, physical activity, insulin therapy) perfectly
- Eager to learn about new tactics or methods to manage even more efficiently
- Regimented
- Perfectionist
- Micromanager
- Anxious

## Striver



*"It takes a lot to manage my diabetes, and I struggle sometimes."*

*But I absolutely need to get this right because I have to live with this the rest of my life."*

How you can best help these patient types successfully engage and continue managing their type 1 diabetes? Visit:

[www.type1careprogram.ca](http://www.type1careprogram.ca)

