

HOW TO DISCUSS DIABETES AND DISORDERED EATING



Understanding your patient's experience with diabetes can provide invaluable insight.

- Please talk about your initial diagnosis, treatment and diabetes education.
- What was your family's reaction?
- What has it been like at your diabetes appointments?
- Other experiences that stand out for you in the years since you were diagnosed?
- How do you feel about having diabetes now?
- Please tell me about medical complications or challenges that you have from diabetes.

Discussion questions about weight and body image.

- How do you feel about your body and health?
 - How much of the day do you think about weight, body shape or size?
- Do you ever want to lose weight or be more lean?
 - What have you done to try to lose weight or be more lean?

Discussion questions about food and eating.

- Describe a typical day – when, how often, what you eat.
- Do you eat on a timetable or whenever you're hungry?
- Do you have rules about food that you follow rigorously? What are they? What happens if you "break" a rule?
- Do you ever feel guilty about what you have eaten? When? Why?
- Do you sometimes strive to eat differently – eat more, eat less, eat different foods?
 - Do you ever feel out of control when you eat (outside of a low bg)?
 - Do you ever eat certain foods specifically to bulk up or slim down?
- Does it feel like you spend an inordinate amount of time thinking about food? Explain.

Discussion questions about exercise.

- Do you exercise strenuously to control your weight or to increase muscle mass?
 - What happens if you miss a session?
 - Does it feel like exercise controls your life?

Discussion questions about insulin.

- How do you feel about insulin?
(Watch for red flags like "insulin makes me fat/afraid/angry.")
- Is it hard to give your insulin or test your bg sometimes? When? Why?
- When you're eating, how do you figure out your insulin dose?
- MDI – Do you ever miss insulin injections or take less insulin than your usual dosage?
Pump – Do you ever miss a bolus, suspend your pump or delay putting on a new set?
 - How often does it happen? Why?
- How comfortable are you dealing with your diabetes in front of other people?