

## THE WILMA L. WEST LIBRARY

### Pathfinder for Diabetes

#### Scope

The purpose of the pathfinders created by the staff of the Wilma L. West Library is to provide occupational therapy practitioners and students, as well as consumers, starting points from which to begin to do research about a topic. A pathfinder is not a comprehensive listing of available resources but a guide to specific and reliable sources of information.

#### Introduction to the topic

Diabetes is a disease in which your blood glucose, or **blood sugar**, levels are too high. Glucose comes from the foods you eat. Insulin is a hormone that helps the glucose get into your cells to give them energy. With **type 1 diabetes**, your body does not make insulin. With **type 2 diabetes**, the more common type, your body does not make or use insulin well. Without enough insulin, the glucose stays in your blood. You can also have **prediabetes**. This means that your blood sugar is higher than normal but not high enough to be called diabetes. Having prediabetes puts you at a higher risk of getting type 2 diabetes.

Over time, having too much glucose in your blood can cause **serious problems**. It can damage your **eyes**, **kidneys**, and **nerves**. Diabetes can also cause **heart disease**, stroke and even the need to remove a limb. Pregnant women can also get diabetes, called **gestational diabetes**.

Blood tests can show if you have diabetes. One type of test, the **A1C**, can also check on how you are managing your diabetes. Exercise, weight control and sticking to your **meal plan** can help control your diabetes. You should also monitor your blood glucose level and take **medicine** if prescribed.

*NIH: National Institute of Diabetes and Digestive and Kidney Diseases*

(Retrieved October 4, 2017 from <https://medlineplus.gov/diabetes.html>)

#### Online databases

##### **MedlinePlus®**

Health information for patients, families and health care providers. Also in Spanish. Access to this government-supported database is free.

#### **OT SEARCH**

OT Search contains over 41,000 citations for occupational therapy literature and related subject areas dating from the early 1900's. Citations may include links to full-text content. It is a subscription-based service.

### **PubMed**

PubMed comprises more than 20 million citations for biomedical literature from MEDLINE, life science journals, and online books. Citations may include links to full-text content from PubMed Central and publisher web sites. Access to this government-supported database is free.

### **Reference resources (print and electronic)**

*Diabetes Care*. Alexandria, VA: American Diabetes Association.

*Diabetes Care* is a journal for the health care practitioner that is intended to increase knowledge, stimulate research, and promote better management of people with diabetes.

National Diabetes Information Clearinghouse (NDIC). (2017). [Directory of diabetes organizations](#). Bethesda, MD: National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK).

National Diabetes Information Clearinghouse (NDIC). (2013). [Your guide to diabetes: type 1 and type 2](#). Bethesda, MD: National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). (NIH Publication No. 14-4016)

### **Associations, Foundations, and Organizations**

[American Diabetes Association](#)

[National Diabetes Education Program](#)

[National Diabetes Information Clearinghouse \(NDIC\)](#)

[National Institute of Diabetes and Digestive and Kidney Diseases \(NIDDK\)](#)

### **American Occupational Therapy Association**

American Occupational Therapy Association. (2017). [Occupational Therapy's role in medication management](#). *The American Journal of Occupational Therapy*, 71, 7112410025p1-7112410025p20

American Occupational Therapy Association. (2004). Tips for Living. What is diabetes? (Retrieved October 17, 2017 from <https://www.aota.org/~media/Corporate/Files/AboutOT/consumers/Health-and-Wellness/Diabetes/02bf.pdf>)

Sokol-McKay, DA. (2011). Fact Sheet. Occupational therapy's role in diabetes self-management. (Retrieved October 17, 2017 from

<https://www.aota.org/~media/Corporate/Files/AboutOT/Professionals/WhatIsOT/HW/Facts/Diabetes%20fact%20sheet.pdf>

### **Articles on the role of occupational therapy**

Burda M.H., van der Horst F., van den Akker M., Stork A.D., van der Weijden T., van Attekum T., Ploeg M., Winkens B. & Knottnerus J.A. (2012). [Supporting people with diabetes mellitus in applying for and participating effectively in paid work: validation of successful diabetes-related behaviors by experiential experts and professional care providers](#). *Journal of Occupational and Environmental Medicine*, 54, 1491-1499.

Cahill, S.M., Polo, K.M., Egan, B.E. & Marasti, N. (2016). [Interventions to promote diabetes self-management in children and youth : A scoping review](#). *The American Journal of Occupational Therapy*, 70, 7005180020p1-7005180020p8.

Fritz, H. (2014). [The influence of daily routines on engaging in diabetes self-management](#). *Scandinavian Journal of Occupational Therapy*, 21, 232-240.

Gardener, L., Bourke-Taylor, H. & Ziviani, J. (2017). [Occupational therapy : An untapped resource for children and adolescents with type 1 diabetes](#). *Australian Occupational Therapy Journal*, 64, 79-82.

Haltiwanger, E.P. (2012). [Effect of a group adherence intervention for Mexican-American older adults with type 2 diabetes](#). *The American Journal of Occupational Therapy*, 66, 447-454.

Haltiwanger, E.P. & Brutus, H. (2012). [A culturally sensitive diabetes peer support for older Mexican-Americans](#). *Occupational Therapy International*, 19, 67-75.

Haltiwanger, E. P & Galiondo, D. (2013). [Reduction of depressive symptoms in an elderly Mexican-American female with type 2 diabetes mellitus: a single-subject study](#). *Occupational Therapy International*, 20, 35-44.

Piven E. & Duran R. (2014). [Reduction of non-adherent behaviour in a Mexican-american adolescent with type 2 diabetes](#). *Occupational Therapy International*. 21(1):42-51.

Pyatak, E. A., Carandang, K. & Davis, S. (2015). [Developing a manualized occupational therapy diabetes management intervention: Resilient, empowered, active living with diabetes](#). *OTJR: Occupation, Participation and Health*, 35, 187-194.

Thompson, M. (2014). [Occupations, habits, and routines: perspectives from persons with diabetes](#). *Scandinavian Journal of Occupational Therapy*, 21, 153-160.

Youngson, A., Cole, F., Wilby, H. & Cox, D. (2015). [The lived experience of diabetes: conceptualisation using a metaphor](#). *The British Journal of Occupational Therapy*, 78, 24-32.

Yuen, H.K. (2012). [Factors associated with preventive care practice among adults with diabetes](#). *Primary Care Diabetes*, 6, 75-78.

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