

Diabetes Spotlight

Spring 2020

Dialed in to Diabetes Wellness

Using Telemedicine to Support Patients During COVID-19



In light of the COVID-19 pandemic, Rady Children's Hospital-San Diego is offering telemedicine visits for appointments in many clinical specialty areas, including the Division of Endocrinology/Diabetes. Using MyChart, patients can access their same, high-quality care; stay on track with regular appointments; and connect to their trusted providers from the comfort of home. Video visits are secure and effective, and allow your provider to discuss well-being and routines, assess any new symptoms, order tests and prescribe medications as needed, and even conduct many physical exams.

If you're new to telemedicine, the following outlines how to get started for your child's appointment with their diabetes care professional:

- Make sure your child's MyChart account is active. You will use the platform to book and access virtual appointments. If you need assistance setting up, please contact the provider office directly. If your child has an existing, in-person appointment booked, it will automatically be transitioned to a virtual appointment.
- Review video visit tip sheets posted at www.rchsd.org/programs-services/video-visits-telemedicine/.
- Create an account at www.glooko.com using the code **rchsdped**s. You can use this platform to upload blood sugar levels and share with your child's provider. If you are unable to upload with Glooko, send two weeks of levels to your child's provider via MyChart in advance of their appointment.
- Connect downloading equipment for your child's insulin pump, if they have one, and ensure data can be shared with their provider.

Ahead of your child's appointment, you will receive multiple phone calls from our division staff and receive tip sheets and instructions via MyChart. Our team is always there to answer questions or help you set up the technology required to have a productive and stress-free virtual visit!

Do You Know?

Learn More About RN Care Coordinator Brittany Cifka

Born and raised in Michigan, Brittany attended the University of Detroit Mercy to earn her nursing degree. From there, she started her career as a nurse at Children's Hospital of Michigan. After two years, she says, "I decided to take a leap of faith and began travel nursing. I took my first assignment here at Rady Children's on the surgical floor. I also went to Denver and Las Vegas working on travel assignments ... [but] I always knew I would end up back here." Brittany was diagnosed with 1 diabetes 20 years ago, and says she loves the personal level of support she is able to provide her patients in her role, which she calls an "absolute dream." Outside of work, she adores soaking up all the sunshine and outdoor recreation San Diego has to offer, and enjoys walking, hiking and biking with her friends and her boyfriend.

Mindful Minute



"Act as if what you do makes a difference. It does."— William James



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New and Noteworthy

All About Insulin Access During COVID-19

According to The diaTribe Foundation, although one's risk for contracting COVID-19 is not necessarily greater if they have diabetes, managing blood sugar remains crucial during this pandemic — sustained high levels can detract from the immune system's ability to defend against infection. So, that makes staying stocked up on your child's diabetes medications, including insulin, all the more important. At the moment, global supply of insulin and other diabetes medications remains stable, but it helps to ask questions of your child's provider and be as prepared as possible.

For example, the foundation suggests

- verifying that all prescriptions are up-to-date, you have essential supplies such as alcohol swabs and lancets on hand, and you have as many prescription refills available as permitted;
- checking in with your insurance company to see if any of their refill policies have changed;
- considering a mail-based prescription service; and
- familiarizing yourself with options if you are no longer able to afford medications, such as pharmaceutical companies' assistance programs, or if you run out of insulin, such as connecting with the American Diabetes Association at 1-800-DIABETES.

For further details, visit www.diatribefoundation.org/getting-insulin-during-covid-19.

Save the Dates

Rady Children's Events

- **Introduction to Pump Therapy Zoom Class:** Our regular class will be held via Zoom until further notice. To learn more and to register for classes scheduled for May 14, May 26, June 11, June 23, July 9 and July 28, visit www.rchsd.org/programs-services/endocrinology-diabetes/classes/.

Community Events

- **American Diabetes Association Virtual Imagine Camp:** Divided into two sessions — June 8 through July 3 or July 13 through August 7 — this free experience connects children with diabetes to one another through online sing-along sessions, fun and games, and even campfires. Kids will attend for two hours per week and even join a virtual cabin overseen by a counselor. Find out more and register at www.diabetes.org/community/camp.
- **JDRF Virtual One Walk, Temecula Valley** will be held on June 27 and **JDRF One Walk, San Diego** will be held on Nov. 14 at Balboa Park. For more information, visit www.jdrf.org or contact Deanna Kasper at dkasper@jdrf.org or 858-597-0240.

Nutrition Corner

Tips for Food Planning During the Pandemic from the U.S. Department of Agriculture

During a pandemic, you may be taking extra precautions to keep you and your family safe and prepared, including making sure you have everything you need at home. This guide contains information on food planning, including what to buy, how much to buy, and preparation tips.

Check what you have at home first. Take a look at the foods you already have in your refrigerator, freezer, and pantry; make sure to look at expiration dates and best by dates. This can help you plan meals around what you already have, and will help you limit the number of trips to the grocery store and avoid spending money on items you don't need.



Make a shopping list. Shopping may feel more stressful at this time. Make a list ahead of time to stay focused, get the items you need, and keep your shopping trip short. Since stores may not have some specific items, create a list with general items like "fruit" or "bread."

Explore your shopping options. Many grocery stores offer in-store pickup, curbside pickup, or delivery. Third party options also exist for grocery store delivery. You may find these services helpful during times of social distancing. If you are older, check if your store delivers or has early shopping hours for older Americans only.

How much should I buy? Buy what you and your family need at this time, and resist the urge to buy in much larger quantities. Prepare a shopping list that will cover you and everyone in your household for 2 weeks.

Include fresh, frozen, and non-perishable items. Plan for a mix of fresh, frozen, and shelf-stable foods. Eat your fresh food first. Stock your freezer and pantry with items you can eat in the second week and beyond.

What foods should I buy? Choose a mix of shelf-stable, frozen and fresh foods. Examples of shelf-stable foods include pastas, rice, legumes, nut butters, and dried and canned goods. Frozen options to think about might be breads, meats, vegetables, fruits, and even milk. With fresh foods, buy a variety in quantities that you would normally buy. Remember to include the special needs of all family members, including pets, infants, or those with dietary restrictions.

What should I make? While everyone is home together, you may feel inclined to try a new recipe or experiment with new flavors to keep things interesting. For others, sticking to simple items or familiar foods and tastes provides comfort. Plan what works for you and your family.

Access to food while school is closed. Many school districts across the country are continuing to provide meals to students in need during school closures. Check for local programs in your area, such as Meals to You. Contact your local school to learn about meals that may be available through pop-up food systems, grab-and-go meal pickups, or school bus routes.

This article and additional tips from the USDA are published at www.choosemyplate.gov/coronavirus.