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Emotional Aspect of Type 2 Diabetes Fasting during Ramadan

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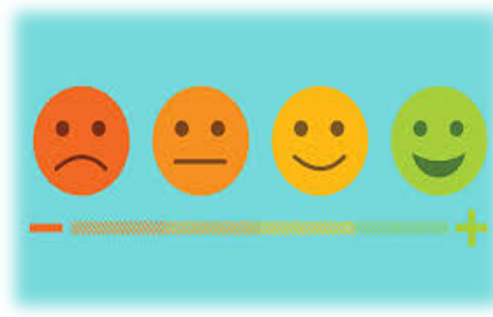
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LEARNING OUTCOMES



Diabetes and Emotion

*How emotion give
impact in having
diabetes*



Emotion Roller Coaster

*Categories of
emotion appear in
living with diabetes*



Emotion Management

*Solution for dietitian to
help patient in managing
their emotion*



Muslims worldwide with diabetes who may choose to fast during Ramadan¹



of **Muslims with type 2 diabetes** choose to fast during Ramadan¹

What are the health risks?

Muslims with type 2 diabetes who celebrate Ramadan and choose to fast have an estimated²



7.5x

higher risk of severe hypoglycaemia (low blood sugar) during Ramadan²



...due to:

Prolonged fasting



Large night-time meals



Reduced physical activity



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PSYCHOLOGICAL FACTORS IN DIABETES

Emotional Distress in Diabetes (Psychological Reaction in Patients)

Emotional/ Crisis Reactions

- Shock
- Denial
- Anger
- Guilt
- Anxiety

Diabetes Distress

- Overwhelmed for self management
- Frustrated
- Difficulty in communication
- Distress on differential food in the family

Phobia Reactions

- Fear of
- Starting on Insulin
- Needles/Injections
- Hypoglycemia
- Late Complications
- Obsessive Behavior

Psychiatric Disorders

- Depression
- Anxiety
- Delirium
- Eating Disorder
- Schizophrenia

- Poor Glycemic Control
- Self-Care Behavior and treatment adherence
 - Reduced Quality of Life (QoL)
- Increased Diabetes related Complication



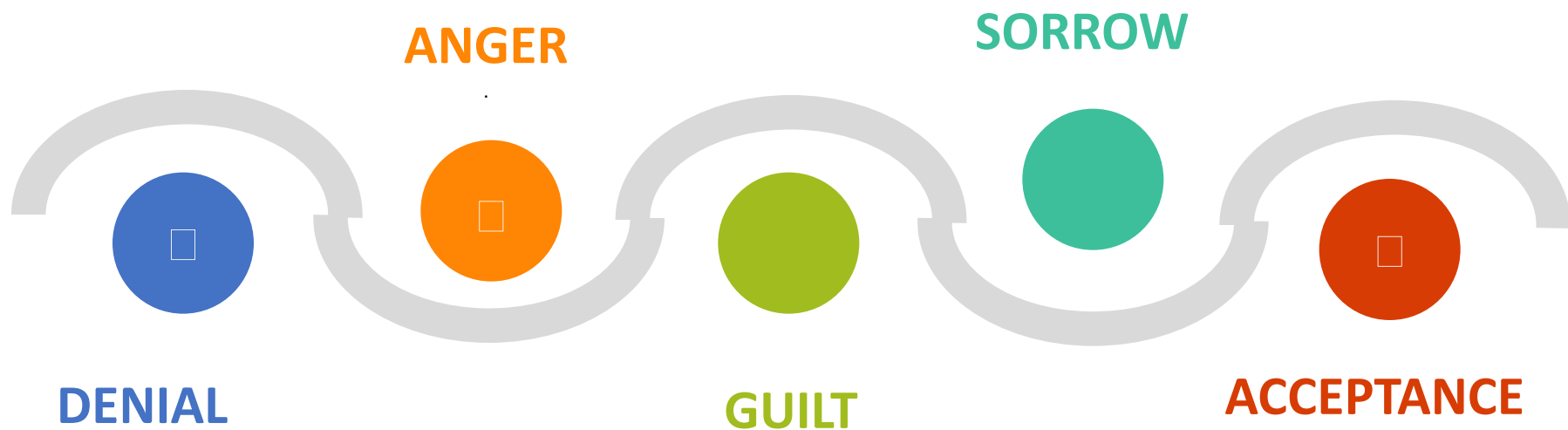
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1. Pre-dawn meal (suhoor)
2. Morning
3. Midday
4. Mid-afternoon
5. Pre-sunset meal (iftar)
6. 2-hours after iftar
7. At any time when there are symptoms of hypoglycaemia/hyperglycaemia or feeling unwell

Emotion Roller-Coaster



1

Definition

Common response against restrictive or uncomfortable situation and appears when diagnosed with diabetes.

1

What patients do

Refuse to believe in diagnostic method and try to avoid long term complications.

2

What will happen

Interfere patient's ability to monitor their condition, take initiative in seeking treatment and manage their illness, complication at early stages

3

DENIAL



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Patient 1

Hypo masa puasa memang la risau tapi
tak perlu sampai jumpa doctor,
pandai2lah test sendiri. Jumpa doktor
pun ulang yang sama aje.

Definition

Strong feeling of resentment, displeasure & hostility in response to a perceived wrongdoing

1

What patients do

frustrated why he/she has developed diabetes

2

What will happen

Interfere natural coping mechanism of the body and deteriorate the condition

3

ANGER



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Patient 2

Memang lah dah biasa puasa, tapi kena lebih disiplin sikitlah dah ada diabetes Ntahla, kurang manis salah, lebih manis salah, masalahnya rasa lemah masa bulan puasa ni memang lain macam sikit

Definition

Natural emotion to a wrong work and can be realistic and unrealistic

1

What patients do

Answer these questions 'Is my guilty realistic?' 'What should I do when I am feeling guilty?', 'Do I have to worry too much? Or Should I try to make positive changes?'

2

What will happen

Interfere patient's ability to monitor their condition, take initiative in seeking treatment and manage their illness, complication at early stages

3

GUILT

Patient 3



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Bulan puasa ni bukan diri kita je terkesan, relationship dengan family dengan kawan pun terkesan juga, tak bestlah diorang tengok kita lemah ,tidur je, malas nak cakap

Definition

Normal response which may result from sadness and feeling of loss.

1

What patients do

Depression is often characterized by sustained changes such as sleep, fatigue, LOA, anhedonia

2

What will happen

It may interfere diabetes self-care and engaging in enjoyable activities.

3

SORROW



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Patient 4

Kadang bila Dr yang adjust insulin dose
tak sesuai kat saya pulak jadi try sendiri
je mana yang sesuai badan kita kan

Definition

This may take some time to accept and prepare for living with diabetes.

1

What patients do

This step requires patience, assistance from others, full understanding of diabetes and lifestyle management living with diabetes.

2

What will happen

Interfere patient's ability to monitor their condition, take initiative in seeking treatment and manage their illness, complication at early stages

3

ACCEPTANCE



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Patient 5

Kalau puasa memang best, gula cantik,
kolestrol kurang, berat turun

Test Your Knowledge



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Kadang kesian kat orang lain dah penat masak takkan kita tak rasa sikit, dah makan terambil lebih pulak, susahla , kadang bukan sebab orang pun, memang diri sendiri yang tak boleh kawal nak jugak rasa kuih2 yang jarang ada , lepas tu nyesal hehe

Emotion Management

In living with diabetes during Ramadhan



Patient	Family & Friends
Overwhelm with the demands of self-management	Inability to understand patient's burdensome
Frustrated, fatigue, anger, burnout, poor mood	Food differentiation and restriction of food may lead distress
Difficult to keep up with complicated routine	Absence of conducive discussion
Difficult self-management to control blood sugar	Barriers in communication



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Assessment



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- * The Hypoglycaemia Fear Survey-II Worry Scale
- * Diabetes Distress Scale
- * Problem Areas in Diabetes (PAID)
- * Important & Confidence Scale

Stages of Behaviour change... **Diabetes**

Stage 1 Precontemplation

I don't have
disease



Why should
I change ????

Stage 2 Contemplation

I am no more
Happy... I am
worried... I am
having
Diabetes



- I want to LIVE... I will save myself
- Prevention is better than cure

Stage 3 Preparation

I am ready to
change



- Learn regarding healthy practices
- Filter facts from Myths
- Doctor calling

Stage 4 Action

I am doing...



- Dietary changes
- Physical activity
- Regular medicines

Stage 5 Maintenance

I will continue
to do....



- Positive re-enforcement, Negative re-enforcement and awarding
- Opinion leader



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References

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3. Hendrieckx, C et al (2019) Diabetes and Emotional Health: A practical guide for health care professional supporting adults with Type 1 and Type 2 Diabetes, London, Diabetes UK



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