



ECHO Idaho: Diabetes and Metabolic Conditions CASE RECOMMENDATION FORM

ECHO Session Date: 3/5/26

Presenter Credential: RN

Thank you for presenting your patient at ECHO Idaho – Diabetes and Metabolic Conditions session.

You are doing an excellent job building strong support around this student and thoughtfully addressing both her diabetes management and social-emotional needs.

Summary:

A junior high female student with Type 1 Diabetes diagnosed in 2019 uses a CGM and insulin pump and has experienced episodes of diabetic ketoacidosis (DKA) and severe hypoglycemia, though A1c data has not been shared by the family. She also has depression, anxiety, and likely undiagnosed social anxiety, along with social drivers such as language barriers, health literacy challenges, financial considerations, and cultural beliefs affecting behavioral health care and academic support. The student currently receives extensive school-based support, including diabetes education, nutrition counseling, endocrinology care, an IEP with resource room services, and occupational therapy. In the school health office, she requires full assistance with glucose monitoring and insulin administration due to processing delays that affect symptom recognition, carb counting, and insulin calculations. Current goals focus on gradually increasing independence with diabetes self-management (identifying symptoms, reading nutrition labels, and basic carb counting) while supporting emotional well-being and social inclusion.

Question: There are a lot of resources available through the school setting, but I am wondering if anyone on the panel has had similar circumstances and/or notices if we're missing anything? Any additional ideas?

After review of the case presentation and discussion of this patient's case among the ECHO Community of Practice, the following suggestions have been made:

Behavioral Health Support

- Integrating behavioral health into diabetes care and framing it as whole-person diabetes management rather than mental health treatment can help reduce cultural stigma.
- Focus discussions on concrete goals (e.g., helping her make friends, increasing participation in school activities, improving confidence) rather than abstract terms like anxiety or depression.
- School-based counseling services may provide a more accessible and less stigmatizing entry point for support.
- Consider facilitating a meeting with the student, parents, and brother to discuss how counseling could support practical goals such as social connection, school engagement, and diabetes self-management.



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Social Connection & Peer Support

- It is great to see encouragement of participation in school activities to shift her focus away from diabetes and engaging in meaningful activities to reduce depression and social anxiety.
- Encourage continued participation in peer programs for youth with diabetes such as:
 - [Hodia](#)
 - [Camp Stix](#)
- Explore opportunities to maintain peer connections outside of summer camp through local diabetes youth gatherings
- Consider inviting a peer or friend to diabetes camp (where possible) to strengthen social connections and extend friendships back into the school environment.

Diabetes Management Strategies

- Simplify insulin pump use when cognitive or processing challenges make carb counting difficult:
 - Prioritize getting insulin on board before meals, even if carb counts are not perfect.
 - Use preset meal boluses (e.g., breakfast/lunch/dinner presets) to simplify insulin dosing.
 - Focus on building habits first, then fine-tuning dosing accuracy over time.
- Reinforce that perfection is not required; small improvements (like pre-meal insulin) can significantly improve glucose control.

School Nutrition Accommodations

- Consider school accommodation letters to support healthier meal options, such as:
 - Limiting or avoiding chocolate milk at breakfast and lunch
 - Increasing fruits and vegetables
 - Reducing high-starch foods that spike blood sugar

Additional Community & State Resources

- The Idaho Department of Health and Welfare Children and Youth with Special Health Care Needs (CYSHCN) / Children's Special Health Program may provide additional support for youth with chronic medical conditions.
 - Phone: 208-334-5962
 - Fax: 208-334-4946
 - Email: IdahoMCH@dhw.idaho.gov
- The Panhandle Health District may also be aware of additional diabetes resources across Idaho, including in the Boise area.
 - Diabetes Educator: Levi Maeschen
 - Phone: 208-415-5242
 - Email: LMaeschen@phd1.idaho.gov