Exploring the Emotional Impact of Clinical Encounters Among People Living with Type 1 Diabetes

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ADCES 2026 Abstract

2025 Learning Session

- ~10-minute oral presentation
- Followed by meaningful questions and discussion

2026 ADCES Presentation

- 45-minute Education Session
  - Emphasis on audience participation and discussion
  - 5-10 minutes for Q&A
- My goal is to incorporate more diverse perspectives and lived experiences, particularly across racial and cultural backgrounds

Engage HEAL Committee

As part of this effort, I am hoping to engage HEAL attendees in reflecting on their previous panels to identify stories that could be highlighted and, where appropriate, explore whether patients might be open to being contacted for a brief interview.

T1D Exchange

Abstract Overview

Background
- Misconceptions about T1D lead to stigma and judgment in clinical care, affecting trust and engagement for PwT1D
- Person-centered care requires clear, respectful, bi-directional communication that addresses both medical and psychosocial needs

Methods
- Gathered personal narratives from the T1D community, including T1D Exchange "Question of the Day" responses and T1DX staff living with T1D
- Inductive coding was used to identify themes related to judgment, communication, and care experiences

Results
- 53 stigma-related experiences were identified across six themes: **Moral judgement and negative framing, misinformed care, dismissal of lived experience, unprofessional interactions, emotional guarding, inadequate support**
- Emotional guarding and inadequate support reflected the downstream impact of stigmatizing encounters
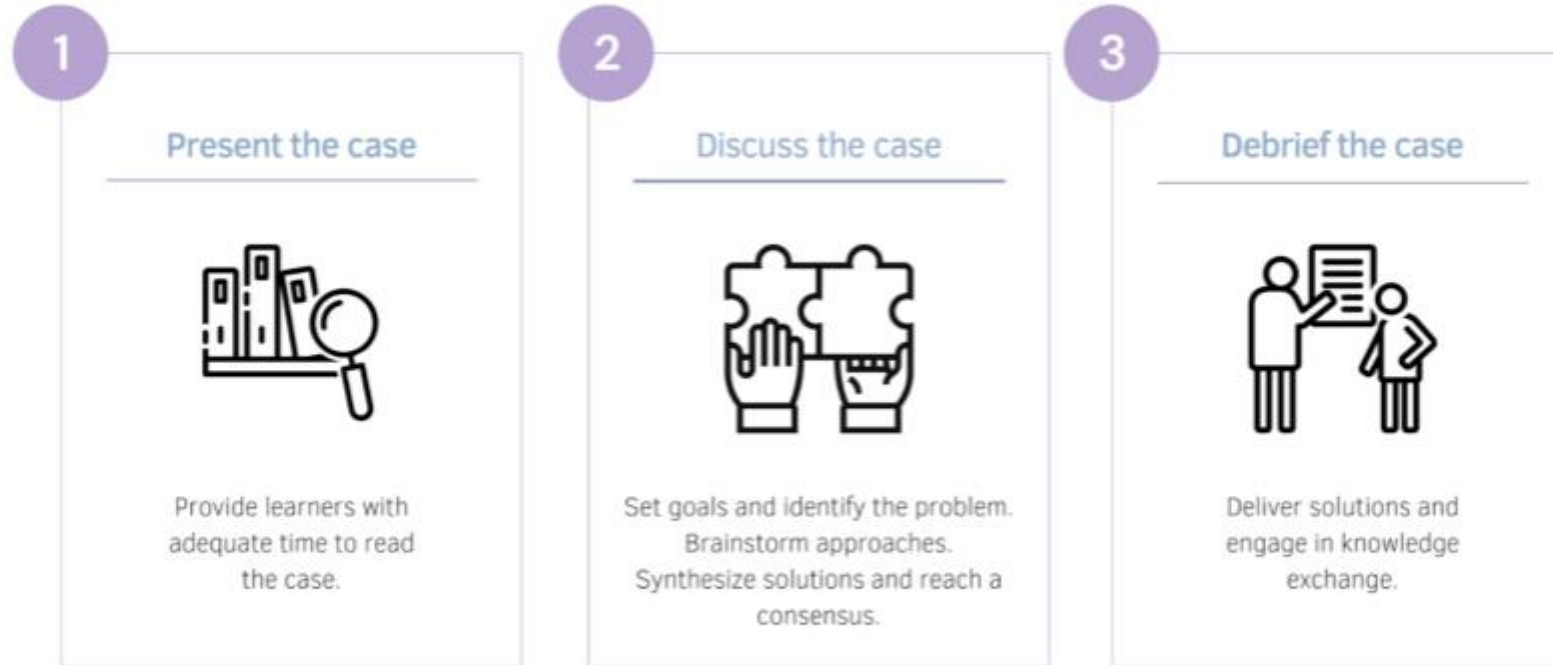
Conclusions
- Stigmatizing clinician attitudes negatively affect both care quality and emotional wellbeing
- Empathy, respect, and active listening can reduce harm, build trust, and improve continuity of care

T1D Exchange

Case Studies

Case studies/scenario-based learning allows learners to practice the application of concepts with realistic situations in a safe and supportive environment.

I will present, discuss, and debrief ~3 case studies from diverse experiences/backgrounds.

1 Present the case

Provide learners with adequate time to read the case.

2 Discuss the case

Set goals and identify the problem. Brainstorm approaches. Synthesize solutions and reach a consensus.

3 Debrief the case

Deliver solutions and engage in knowledge exchange.

T1D Exchange

Thank you! Please let me know if you have any questions.
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