



Be the CEO of YOUR Healthcare!!

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What do PWD from the DOC say?

- “my doctor/nurse/etc does not listen to me”
- “I feel like I am always being punished/judged when I see my HCP”
- “I don’t feel like there is a discussion about treatment options”
- “the side effects from my meds are just too much”
- “there are all of these expectations about my diabetes treatment plan, but what about living life”
- “no one gets it”



The members of your Board of Directors

- Family/loved ones
- Friends
- Primary care physician
- Medical specialists
- pharmacy
- Insurance plan/finances
- Most important.....YOU!!!!!!

*Weekend
for Women*
Conference



Characteristics of your Board.

- Gender, age, ethnicity
- Location
- Convenience
- Bedside manner
- Charisma/sense of humor
- Training
- Communication
- Active listening

*Weekend
for Women*
Conference



Your responsibilities as CEO

- Make a list of questions
- Be assertive when needed
- Insist on eye contact
- Get thorough answers to your questions
- Be knowledgeable about your insurance/pharmacy plan (have quick access on your phone if possible) or savings programs
- Keep track of important data such as lab data, vaccines, annual visits, etc (worksheet)
- Be honest of about feelings, side effects, stress, ability to carry out treatment plan
- Seek out help from other resources such as DOC, DPAC, DiabetesSisters, AADE, ADA, etc



Options if your Board is NOT working for YOU!!

- Be honest with your Board about it not meeting your needs
- Look for advice/suggestions from others
- ...WHAT HAS WORKED/NOT WORKED FOR YOU?????