POTENTIAL PROBLEMS ENCOUNTERED BY PEOPLE WITH DIABETES DURING A DISASTER

PROBLEM AREAS:

Medications:

1. Inability to refill or purchase needed diabetes or other prescribed medications or equipment.
2. Due to power failure, people taking insulin may be unsure of insulin storage.
3. Disaster events may result in medication schedule not being followed.

Diet:

1. Limited food supply.
2. Contaminated food and water supply.
3. No means to cook or store food or beverages.
4. Inability to select appropriate foods from what is available.
5. Skipped or delayed meals or snacks.
6. Caregiver unable to get to person with diabetes to prepare meals.

Blood Glucose Testing:

1. Inability to obtain meter or supplies
2. Testing not perceived as important.

Exercise:

1. Change in regular physical activity.
2. Excessive work to repair damage or not stopping for meal/snack may cause hypoglycemia.
3. Inadequate foot protection may result in lacerations or other foot injury.

Mental Health:

1. Stress of events may cause hyperglycemia, fear, anxiety, grief, insecurity, frustration, anger, and resentment.
2. Separation from family.
3. Lack of transportation may result in inability to get to medical care or hospitals.
4. Isolation because of nonfunctioning communication devices.
5. Lack of sleep and rest.
6. Impaired coping skills.