

DIABETES

Needle Phobia



FACTS



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- Needle phobia is common in children with T1DM.
 - People with needle phobia may have had previous painful experiences (learned conditioning) with injections or witnessing someone else having an unfavourable experience.
 - Needle phobia is common in the general population – some studies suggest the rate of occurrence is as high as 10%. This is BIG when you consider that only 7% of the population have diabetes!!!

How Do Phobia's Happen?



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- Instead of focusing on the present, it is important to re-frame our thoughts to recognize that injection pain will disappear.
 - Some people get used to catastrophizing pain from the needle is a terrible, horrible, and is a threat to them. However, it is actually a misplaced belief.
 - For some people, they may have developed these beliefs from unpleasant experiences earlier in their lives. This fear could have developed through an experience or is learned from other people.
 - Sometimes we do not know what may cause the phobia.
 - It may be caused by an upsetting experience. A fear that has been 'modelled' by an adult close to the child. This can be through direct observation or story-telling.
 - There is also evolutionary value and purpose to having a fear of needles. In the past, an individual would likely have this fear as there could have possible fatal consequences.

Signs and Symptoms of Needle Phobia

The symptoms of needle phobia can look differently for everyone!

Generally, there is a strong worry of injections, leading to avoidance of injections.

Some common symptoms are:

- feeling dizzy and light-headed
- a dry mouth racing
- heart sweating shaking
- trouble breathing
- feeling sick
- arguing, crying, or becoming emotional



How To Treat This?

CBT

- CBT is a theory that our thoughts, feelings, and actions are interconnected, and that negative thoughts and feelings can cause us to be in a vicious cycle.
- The goal of CBT is to help us manage our problems in a positive way by breaking them down into smaller parts.

Exposure Therapy

- Exposure therapy is a form of treatment that is often used to expose a person to their needle fear in gradual steps.
- It is a slow and controlled process.
- Consult with your Social Worker for additional information!

Coping Ideas

- deep breathing
- counting
- 5-4-3-2-1 distraction
- colouring
- going for a walk
- yoga
- listening to music
- talking with a friend
- drawing



Some Tricks & Tips

- Numb the site
- Use a cold spoon to freeze the site
- Look away Relaxation - deep breathing
- Reframe your thoughts
- Remain calm
- Distract yourself

