

Quality Care

At age 14, **Brandon Riley** has a variety of interests. He plays football, runs track and is a member of Boy Scouts of America Troop 72 in Gloucester. Brandon's typical day also includes counting the carbohydrates (carbs) in each meal he eats and giving himself insulin shots five times a day.

Last May Brandon's parents, Deb and Eric Riley, noticed that Brandon was drinking and urinating more. Deb, Unit Manager of O'Bleness Memorial Hospital's Medical/Surgical Unit, was concerned that Brandon might be pre-diabetic. When Brandon passed out, his parents took him to the **O'Bleness Emergency Department** where it was discovered that his blood glucose level

was 306 (normal range for a teenager is 56 to 99). Brandon was admitted to **O'Bleness' Intensive Care/Coronary Care Unit**.

Brandon was diagnosed with type 1 diabetes (previously known as Juvenile Diabetes), a condition that is usually diagnosed in children and young adults. In type 1 diabetes, the body does not produce insulin.

Jay Shubrook, DO, treated Brandon at the hospital and later in his office in the **Cornwell Center for Cardiovascular and Diabetes Care** at O'Bleness. Shubrook is associated with the Ohio University College of Osteopathic Medicine's Diabetes and Endocrine Center. Brandon expressed gratitude regarding the care he received at O'Bleness. "I was amazed at the number of people who stopped by my room to check on me and give me advice," Brandon said.

During his hospital stay, Rachel Adeyanju, RN, BSN, **patient educator**, helped Brandon understand the disease and how to care for himself. He learned how to "count carbs" from **O'Bleness' registered dietitian/certified diabetes educator**, Barb Nakanishi, RD, LD, CDE, and **dietetic technician**, Laura Allen, DTR. By figuring the number of carbohydrates in the next meal, plus testing blood glucose, an exact amount of insulin can be calculated to make up for the lack of natural insulin.

"With Barb's and Laura's help, I did pretty good — I was counting my own carbs while I was in the hospital," Brandon said.

Brandon also had the opportunity to attend a diabetes camp for a week where he learned how to live a full life, despite having diabetes. "When he returned, I asked him how I could help and he said, 'I will be in charge of my diabetes,'" his mother said.

"Dr. Shubrook said I can do anything I set my mind to — I have no limitations," Brandon said.



Brandon Riley