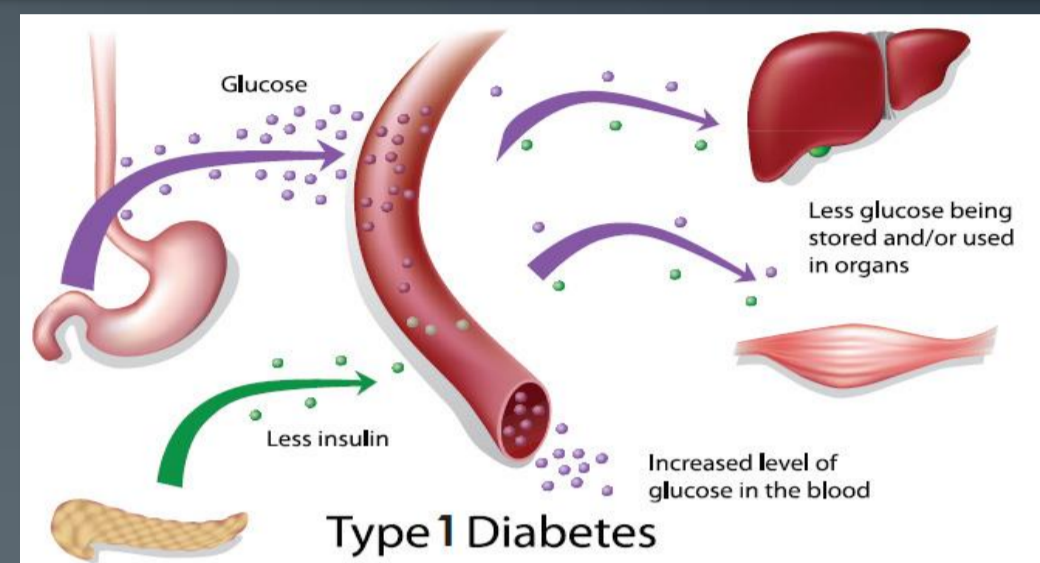


# Non-adherence to treatment in teenagers with diabetes: how can we help?

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## A) Introduction:

Non-adherence to treatment is common in teenagers with Type 1 diabetes (DM1)

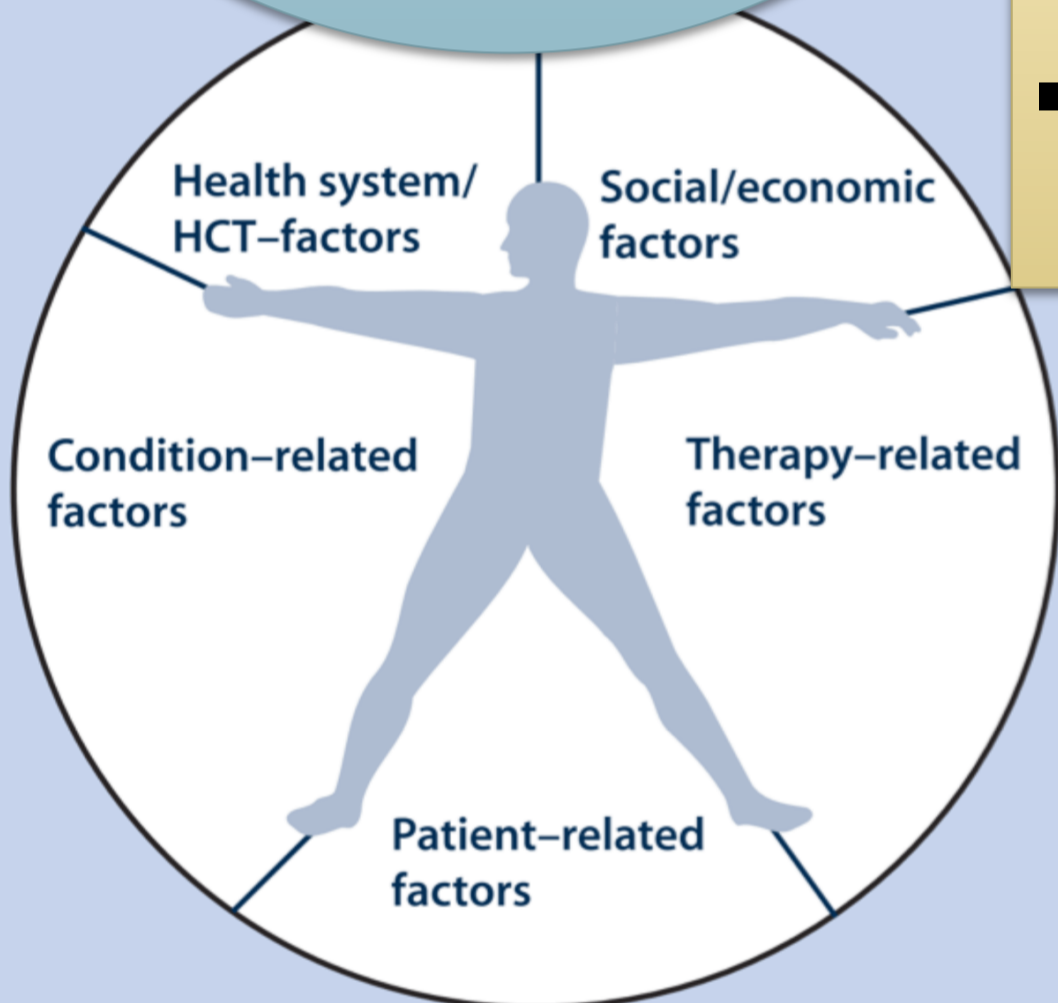


## C) Reasons behind non-adherence:

- 1) Lack of knowledge about condition
- 2) Affect and eating disorders
- 3) Peer relationships and acceptance<sup>1</sup>
- 4) Poor family support and social isolation<sup>2</sup>

## B) Case report:

- 16yr girl with DM1-diagnosed aged 6
- Poor adherence to insulin treatment
- HbA1c > 130mmol/mol
- Complications: diabetic nephropathy, recurrent UTIs, Diabetic Ketoacidosis (DKA)



Toilet  
Thirsty  
Tired  
Thinner

HCT, Health-care team

## D) Strategies to improve adherence:

- 1) More frequent follow-ups for higher risk groups
- 2) Family involvement
- 3) Motivational interviewing<sup>3</sup>

## E) Conclusion:

Establishing treatment for teenagers with DM1 is challenging. It is essential for health professionals to understand the complex reasons behind non-adherence to successfully manage diabetes in teenagers.

## References:

- 1 A. Hains, K. Berlin, W. Davies, M. Smothers, A. Sato, and R. Alemzadeh. (2006). Attributions of Adolescents with Type 1 Diabetes Related to Performing Diabetes Care around Friends and Peers: The Moderating Role of Friend Support. *Journal of Paediatric Psychology*. 32 (5), 561-570.
- 2 C. Miller and C. Kaiser. (2001). A Theoretical Perspective on Coping With Stigma. *Journal of Social Issues*. 57 (1), 73-92.
- 3 Channon SJ, Huws-Thomas MV, Rollnick S, et al. A multicenter randomized controlled trial of motivational interviewing in teenagers with diabetes. *Diabetes Care*. 2007;30:1390-1395