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
4) Poor family support and social isolation

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)

D) Strategies to improve adherence:
1) More frequent follow-ups for higher risk groups
2) Family involvement
3) Motivational interviewing

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: