



'A GOOD PROFILE'

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Mindset shifts needed in fight against diabetes, says Tharman as he opens ministerial conference

'Human psychology is a problem'

He said: "*What people do day-to-day, as part of their regular activities, can be decisive in shaping their health outcomes* – and the levers or influences that governments have go well beyond the healthcare sector.

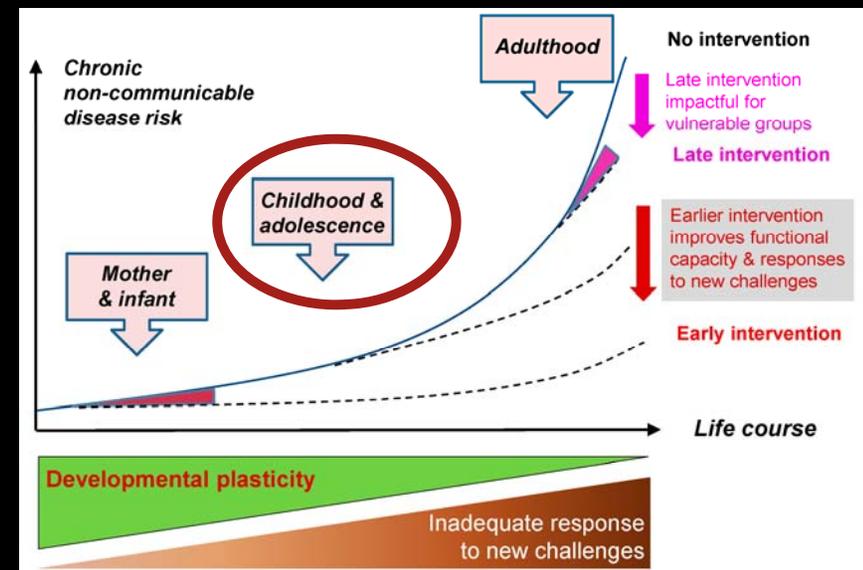
"We want to *go beyond healthcare, to health* – don't wait until diseases set in before intervening but find all ways and means to make healthy living convenient, enjoyable and rewarding."

Khalik, S. (Nov 26, 2018).



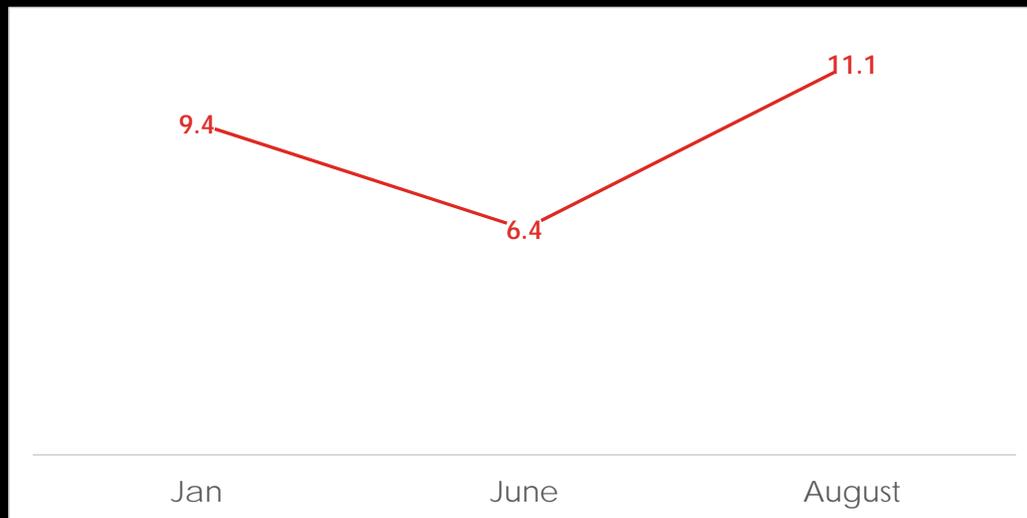
INTRODUCTION- ADOLESCENCE

- A recent local study explored the Diabetes Emotional Distress (DED) in adolescents with Type 1 Diabetes showed
 - *low treatment adherence*
 - *associated with withdrawal of involvement in diabetes self-management, including SMBG*(Toh, Koh, Tam, Lim & Lim, 2019)

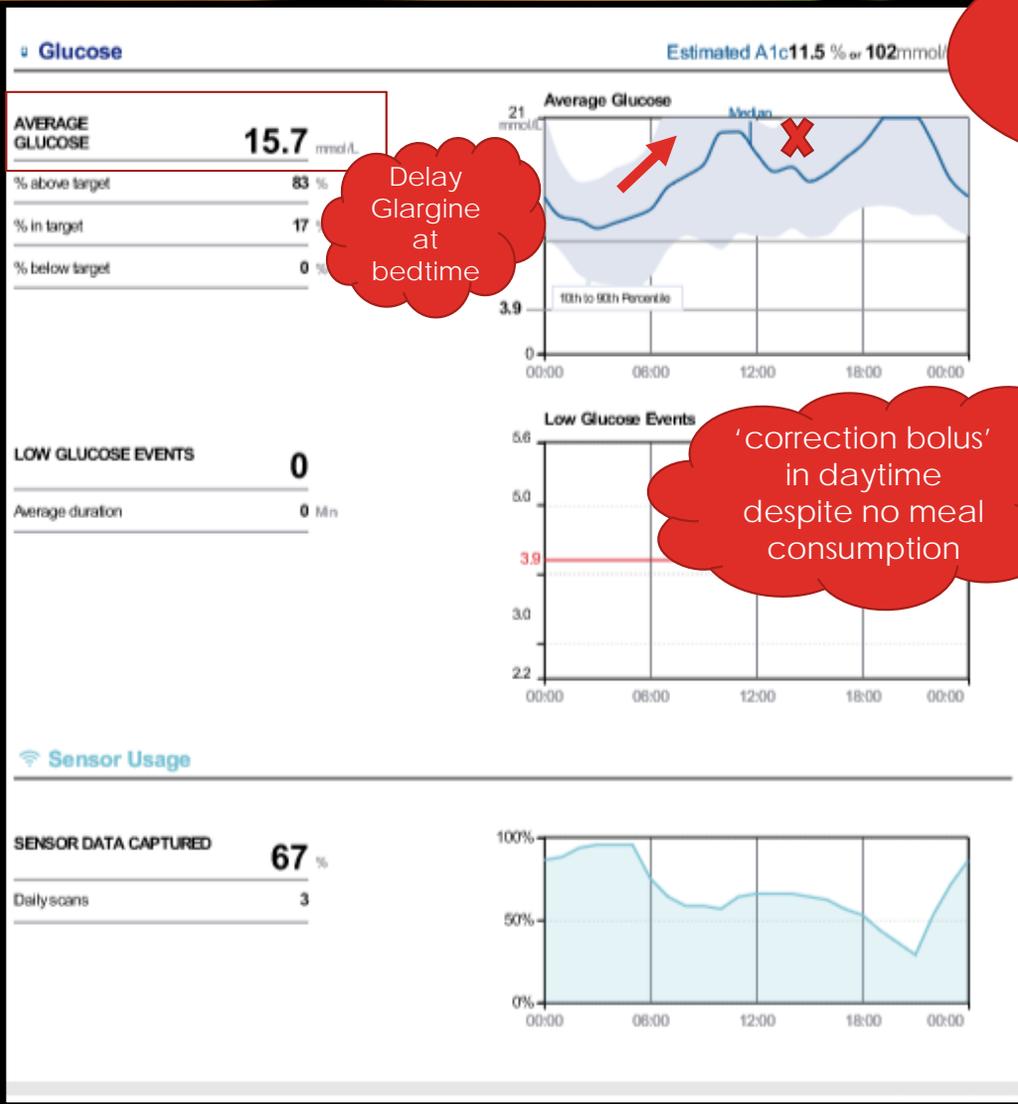


CASE STUDY

- 'S' is a 15 years old teenage Malay girl with Type 1 diabetes diagnosed in 2015
- In 2018, fluctuating glycemic control showing HbA1c

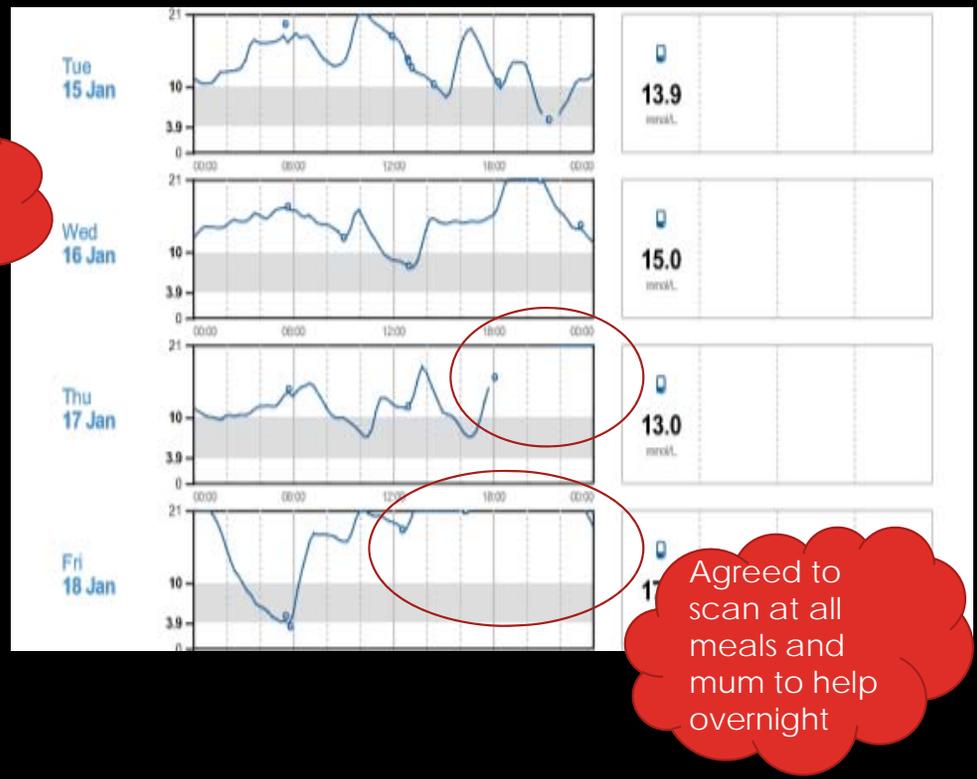


- Eldest of 4 siblings (youngest baby girl with Down's syndrome)
- Support mum as caregiver and household chores
- Toggle school work and diabetes care- no time for SMBG



Going school camp next week

START OF FGM

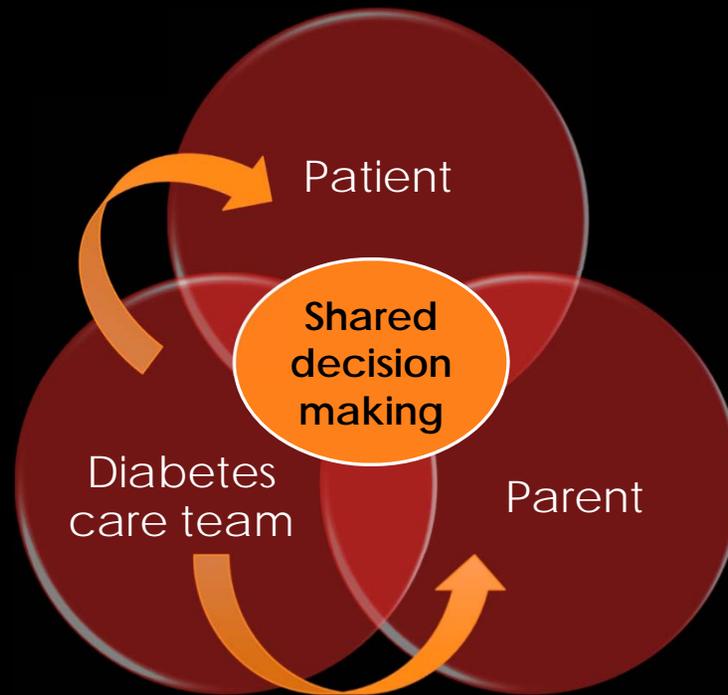


'correction bolus' in daytime despite no meal consumption

Agreed to scan at all meals and mum to help overnight

PATIENT-CENTERED CARE MODEL

- Institute of Medicine (IOM)- 'Crossing the quality chasm' in 21st century healthcare system



Glucose

Estimated A1c 8.5% or 69mmol/mol

AVERAGE GLUCOSE **11.0** mmol/L

% above target **59** %

% in target **34** %

% below target **7** %

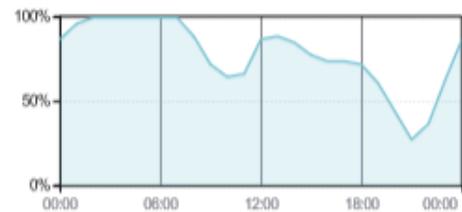
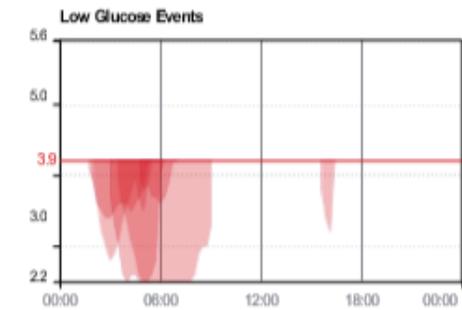
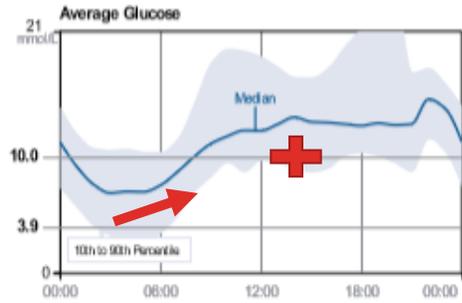
LOW GLUCOSE EVENTS **6**

Average duration **195** Min

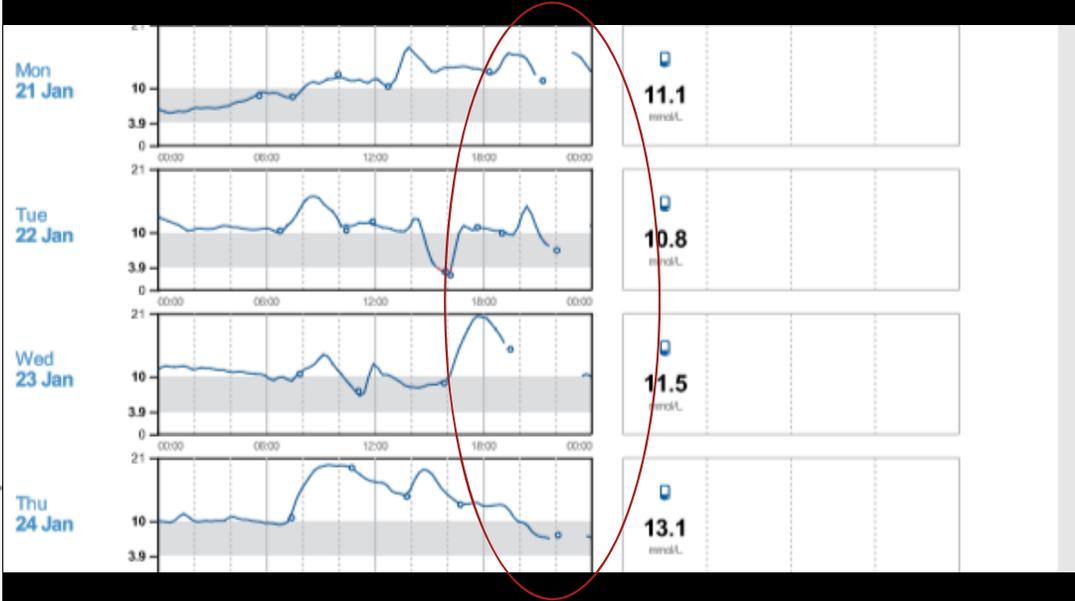
Sensor Usage

SENSOR DATA CAPTURED **78** %

Daily scans **4**



TELEHEALTH- REVIEW (AFTER CAMP)



Aim to have a 'safe' camp

Coaching techniques



Increased confidence when convinced of better BGL

More convinced & committed

PSYCHO-BEHAVIORAL

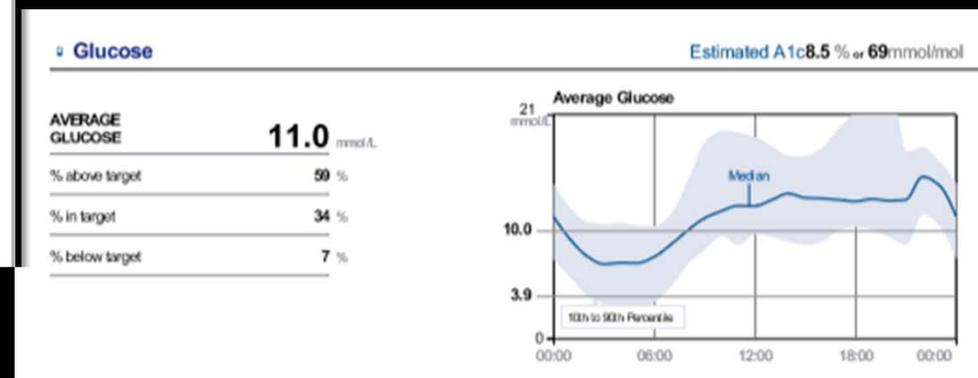
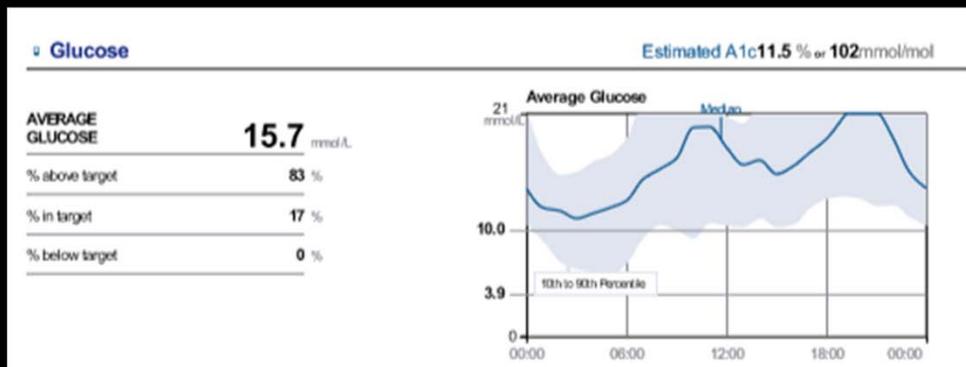
TECHNOLOGY



- Overview of daily activities
- Insights into risks
- Insights into therapy “fit” for an individual
- Insights into behavioral influences on glycaemia

SUMMARY

- Type 1 diabetes is a 24/7 disease
- Challenged by adolescence period with biopsychosocial issues
- Avoid readmissions and maintaining 'good' quality of life



CONCLUSION

