Controlling diabetes in children and young people

By Will Stahl-Timmins

Type 1

Type 2

Glycated haemoglobin (HbA_{1c}) targets

Agree an achievable target, taking account of:

- **Risk of hypoglycaemia** (type 1 only)
- **Daily activities**: Competitive sports; Need to lose weight
- **Life goals**: Careers; Exams; Foreign travel
- **Comorbidities**: Any relevant co-existing disorder

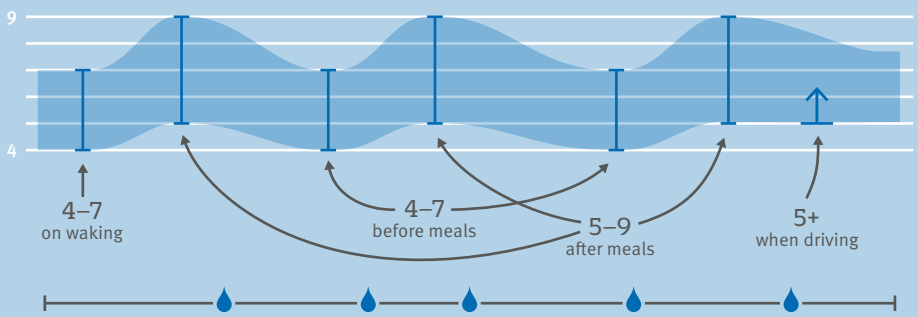
Explain that a target of 48 mmol/mol (6.5%) is ideal

48 mmol/mol

Adusting upwards could be considered, but increases risk of retinopathy, nephropathy, neuropathy, and microalbuminuria

Blood glucose targets

Optimal target ranges



At least 5 capillary blood glucose tests are recommended per day

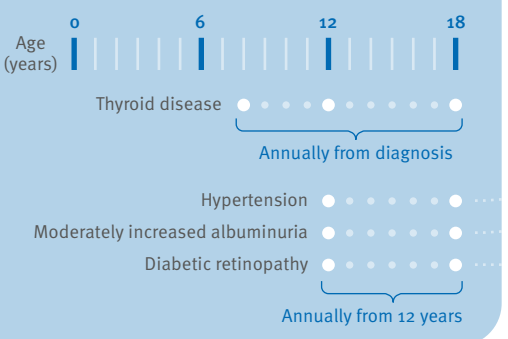
More frequent tests may be required during:

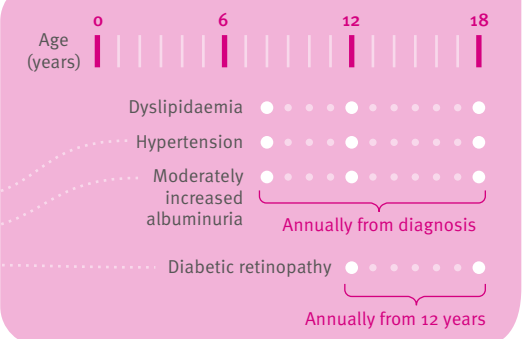
- Physical activity
- Intercurrent illness

Offer real time monitoring to those with:

- Frequent severe hypoglycaemia
- Inability to recognise symptoms of hypoglycaemia
- Impaired awareness of hypoglycaemia
- Inability to communicate about symptoms of hypoglycaemia

Monitoring





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