Controlling diabetes in children and young people

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Glycated haemoglobin (HbA1c) targets

Type 1

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

Blood glucose targets

Optimal target ranges

- At least 5 capillary blood glucose tests are recommended per day

- 4–7 mmol/l on waking
- 4–7 mmol/l before meals
- 5–9 mmol/l after meals
- 5–9 mmol/l when driving

Monitoring

- More frequent tests may be required during:
  - Physical activity
  - Intercurrent illness

- Offer real time monitoring to those with:
  - Frequent severe hypoglycaemia
  - Impaired awareness of hypoglycaemia
  - Inability to communicate about symptoms of hypoglycaemia

- Age (years)
  - 0
  - 6
  - 12
  - 18

  - Thyroid disease: Annually from diagnosis
  - Hypertension
  - Moderately increased albuminuria
  - Diabetic retinopathy: Annually from 12 years

- Age (years)
  - 0
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  - Dyslipidaemia
  - Hypertension
  - Moderately increased albuminuria: Annually from diagnosis
  - Diabetic retinopathy
  - Annually from 12 years

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