

Young Adult Diabetes Network

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Young adult diabetes 18-25 yr

- High-risk group
- Commonly disengage with services or get “lost”
- Form a high proportion of emergency admissions
- Have high HbA1c, start developing health problems
- Less well resourced than paediatric services

Young Adults with Type 1 diabetes

- Majority of the young adult clinic have Type 1
- Mean HbA1c (in Oxford) 9-9.5%
- Range of common problems: insulin omission, infrequent monitoring, not using educational principles, hypoglycaemia, eating disorders, depression.....

Young Adults with Type 2 diabetes

- Generally small numbers but depend on local BME population
- Fall between services designed for young type 1 or older type 2
- Have worse CV risk and prognosis than Type 1
- Common problems: obesity, metabolic syndrome, medication omission, shame, isolation, depression.....

Young Adults with rare forms of diabetes

- Form ~5% of this age range
- Include monogenic and secondary causes of diabetes
- Frequently misdiagnosed and assumed to have type 1 or type 2 diabetes
- May be on inappropriate treatment

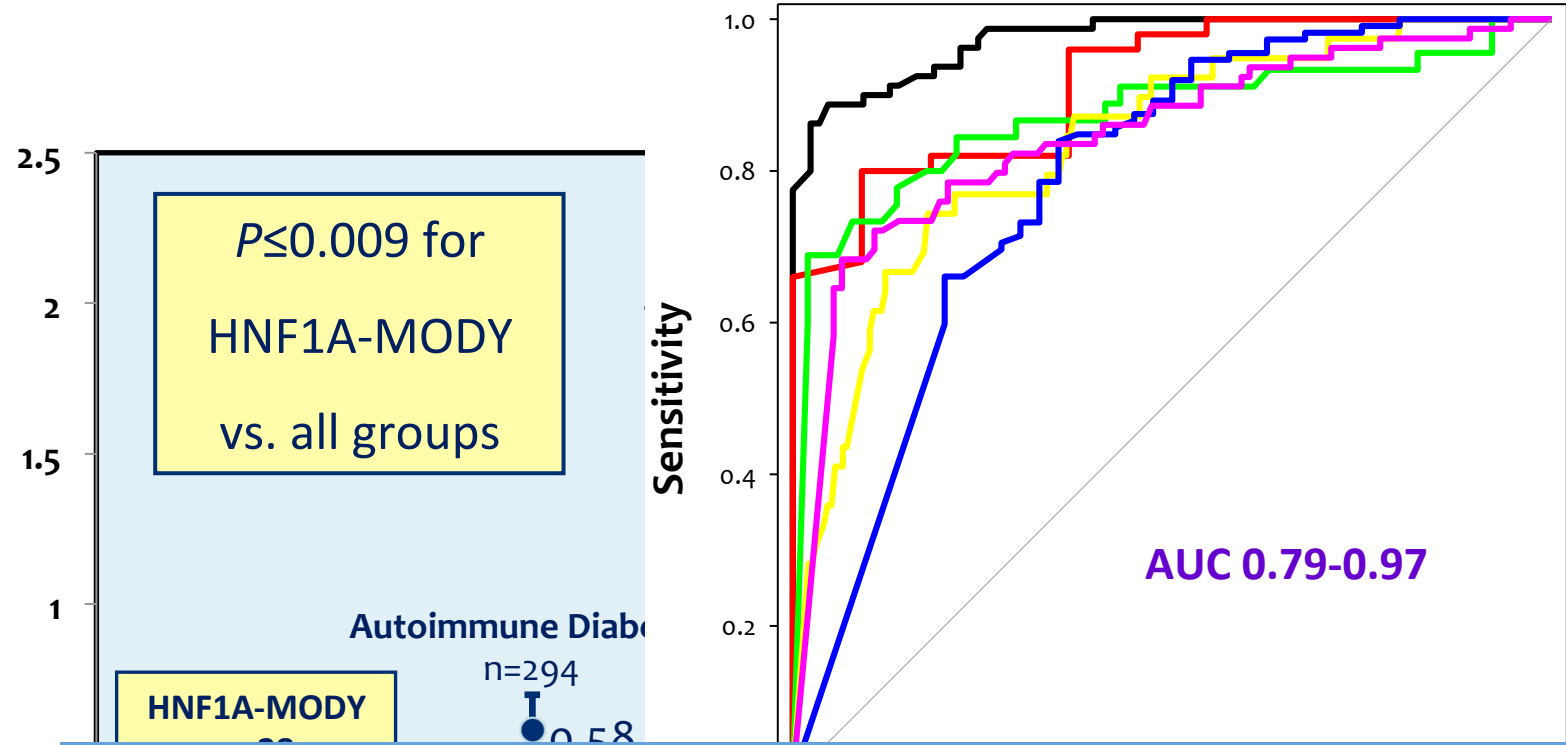
Aims of young adult diabetes network

- Share best practice and innovation across AHSN for Type 1 diabetes
 - e.g. motivational techniques, social media, peer support groups
- Develop and evaluate clinical pathways for Young Type 2 diabetes
 - working with patients and primary care
- Introduce protocols for assessment of diabetes aetiology
 - AHSN funding to train 3 local DSNs in diagnostics

Translation of a OxBRC project: Biomarkers in diagnosing MODY

- Maturity-onset diabetes of the young (MODY) is a monogenic form of diabetes
- Finding the correct aetiology alters treatment: low dose sulphonylurea drugs rather than insulin or metformin
- A genetic test makes the diagnosis, but most (>80%) of MODY is missed
- Research in the BRC Diabetes Theme showed that those with the commonest form of MODY had lower C-reactive protein (CRP) levels than other forms of diabetes

CRP in young adult diabetes



Use AHSN young adult clinics to test whether CRP could be used as a screening test for MODY

Young Adult Diabetes Network – who should be involved?

- Secondary care diabetes teams running transition and young adult services
- Primary/community teams who manage young “non-type 1”
- Experts in behaviour change
- Those with interests in technology / social media etc