

# 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 Adult Diabetes

- **90% of clinic have Type 1**
- Common problems: infrequent monitoring, not using educational principles, insulin omission, hypoglycaemia, eating disorders.....
- **Increasing prevalence of young-onset Type 2**
- Common problems: obesity, metabolic syndrome, medication omission, shame, isolation..
- **Up to 5% have rare forms of diabetes**
- Common problems: misdiagnosis, incorrect treatment, inaccurate information

# Aims of young adult diabetes network

- Share best practice and innovation across AHSN for Type 1 diabetes
  - e.g. technology, social media, peer support
- Develop and evaluate clinical pathways for Young Type 2 diabetes
  - working with patients and primary care
- Introduce protocols for assessment of diabetes aetiology
  - increase uptake of genetic testing

# Young Adult Diabetes Network – who is involved?

- Multi-disciplinary diabetes teams running transition and young adult services in Thames Valley
- Paediatric representation
- AHSN young adult nurses

# AHSN Young Adult Nurses



Amanda Webster,  
Oxford



Amanda Kohli,  
Milton Keynes



Arbi Briggs,  
Reading



To be appointed,  
Swindon

1 session/4 hrs a week on young adult projects

1<sup>st</sup> project: Training in identifying rare kinds of diabetes  
and educating others

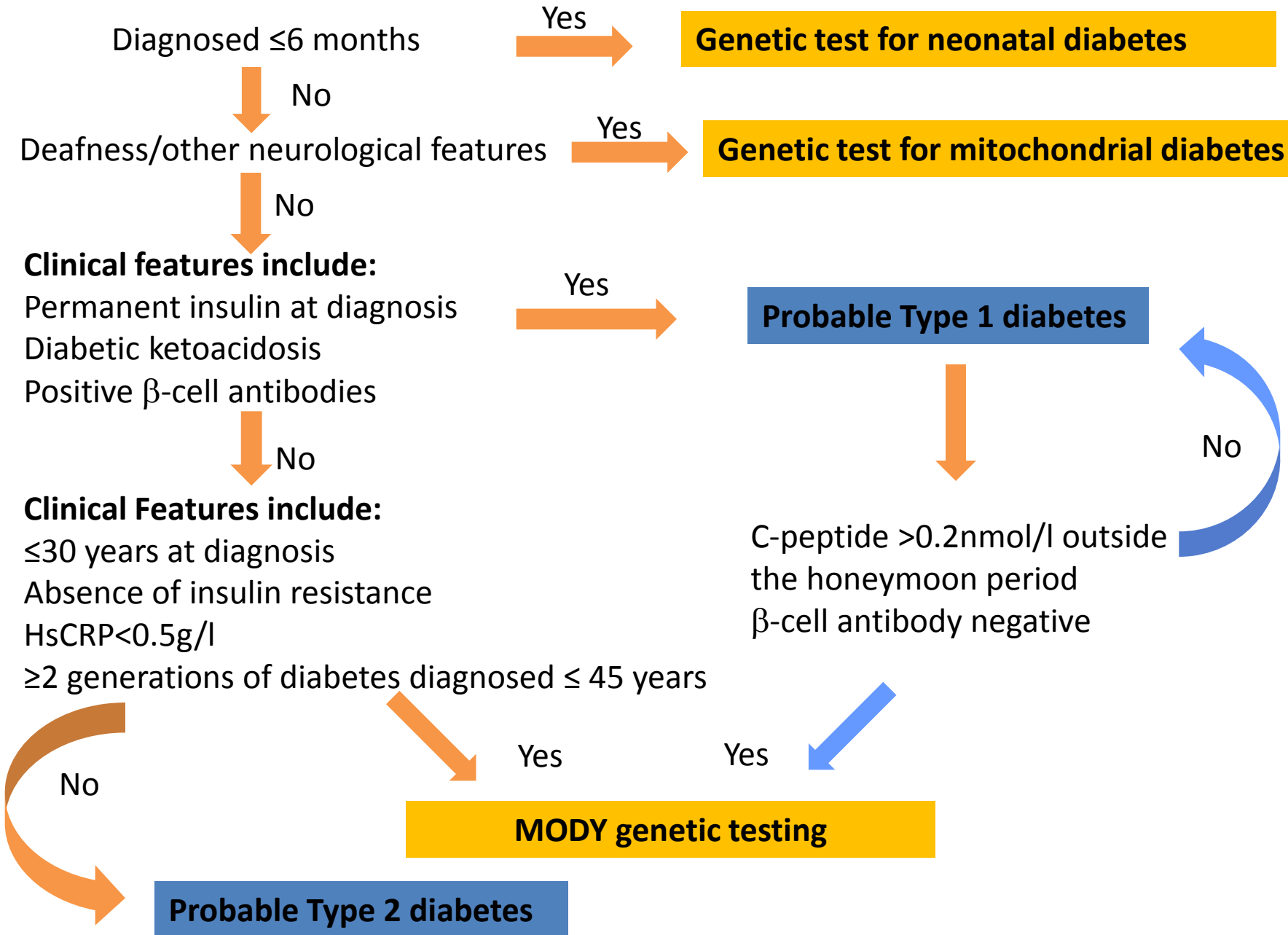
Link into Oxford monogenic diabetes clinic

Please ask them to come and give a talk in your area!

# Finding rare kinds of diabetes

- GS age 18 from Buckingham
- Subacute presentation of diabetes. Slim.
- No ketones, BG 8-14.  $\beta$ -cell antibody –ve
- Referred directly to monogenic diabetes clinic
- Diagnosed with MODY within 6 weeks of presentation
- Insulin treatment avoided by considering correct diagnosis

# Investigation of Young Adult Diabetes





# Other plans

- Report on local services & “peer review”
- Set up common resources for young adults with diabetes in Thames Valley
  - Information/social media/peer support



- Use of technologies to support self-management
- Link into hypo/pump pathways and islet-cell Tx

