

The turning point

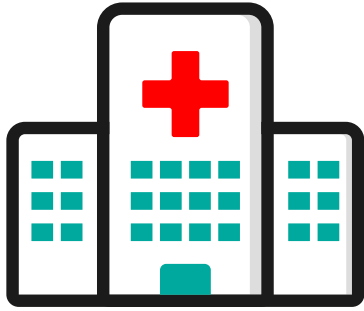
Dr Philip Reilly

Consultant Paediatrician

Torbay Hospital, Devon



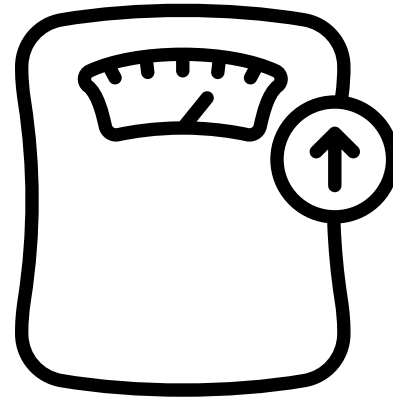
Nov
2017



Dec
2017



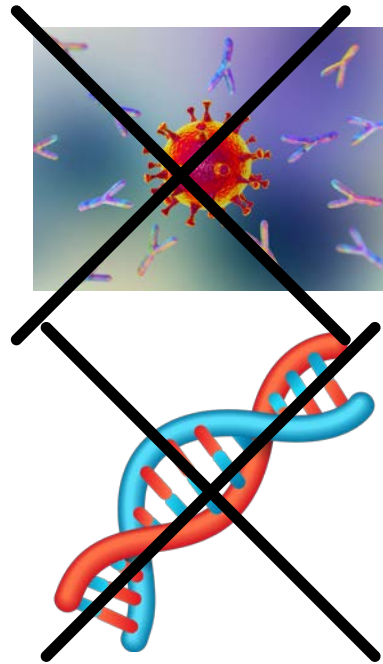
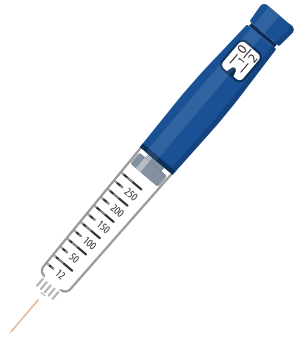
Jan
2018



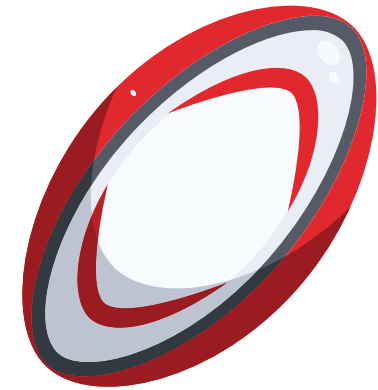
Jan 2018 -
September



Sept 2019



2019



Diagnosis

- December 2017 – 12 years and 3 months old girl.
- 3 week Hx polydipsia/uria. Capillary blood glucose at GP – high
- Seen same day SSPAU. BG 13. Not in DKA. HbA1c 81.
- Mixed ethnicity. Obese. Looked after by maternal grandmother.
- Significant social and mental health concerns
- Hx of diabetes in both sides of family.

Management

- Diagnosed as T1. Started carb counting and basal bolus regime.
- Outpts 1month later. Good blood glucose control.
- Problems with logistics of managing at school.
- Pt noted that even when insulin forgotten BGs stayed the same
- ? Correct diagnosis. Given FHx
- ? Monogenetic cause

Additional investigations

- Negative type 1 antibodies
- Urine c-peptide creatinine ratio – 3.5nmol/mol
- (MODY calculator – low risk)
- Monogenetic screening sent – Negative
- Low vit D – started on treatment dose vit D

Over subsequent clinics

- Behavioural difficulties at school and in clinic
- Rapid weight gain
- Not seeing benefit of Novorapid – frequently missing doses
- HbA1c rising
- Disengaged with CAMHS service
- Worried for her mental health and the safety of Nan
- Older sister developing symptoms of dysglycaemia

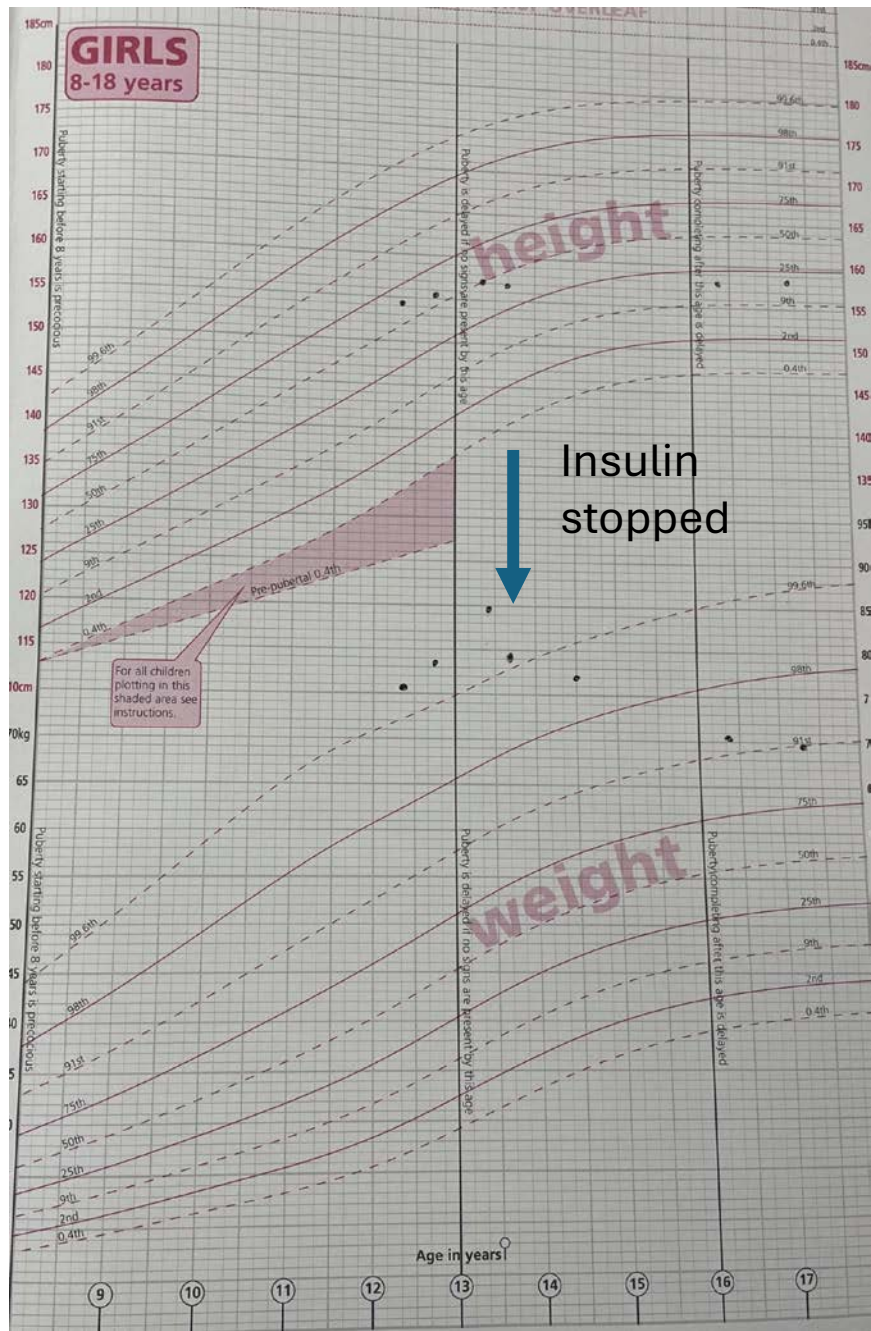
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- **October 2018 – Joined local rugby club**

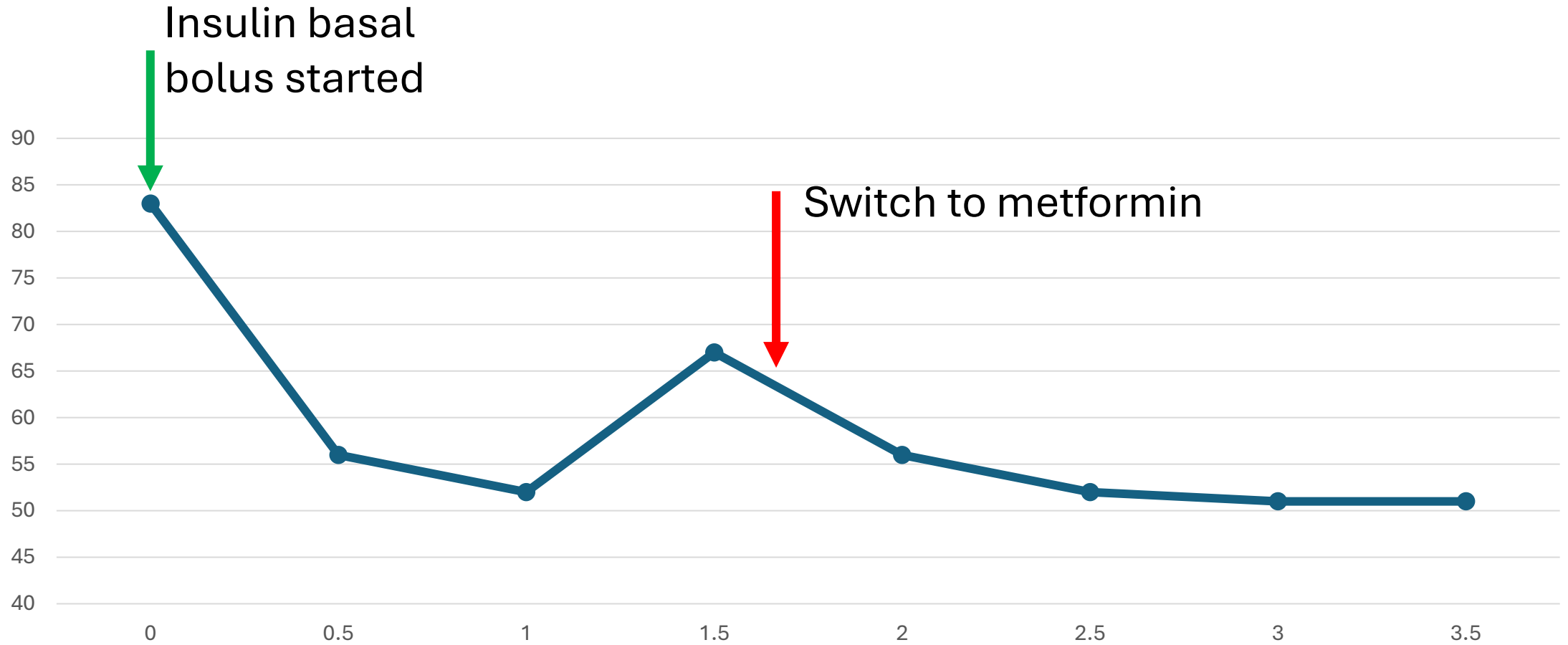
- **September 2019 –**



- **Serum C-peptide 20/12 after Dx 1400.**
- **Admitted to hospital -Insulin stopped metformin started**
- **Diagnosis T2.**

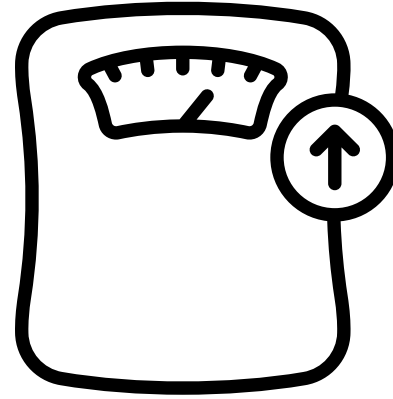
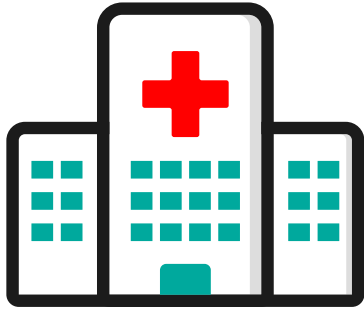


HbA1c from diagnosis



Next chapter

- **Excelling at rugby – club, county, regional maybe national**
- **Self-esteem improved hugely**
- **Relationship with grandmother improved**
- **School performance huge improvement –Discovered new talents**
- **Smiling in clinic**
- **Future plans - Paramedic or police**
- **Now YA service**
- **HbA1c still not quite in target –?additional/alternative Tx**



Nov

Dec

Jan

Jan 2018 -

Sept 2019

2017

2017

2018

September

2019

