

Type 2 Case Studies

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Common themes

- Diagnosis at the age of 10/11yrs
- Disordered eating present for some time
- Significantly overweight
- Binge eating patterns
- Familial weight problems
- Poor compliance with interventions, both around eating and medication/treatment compliance



Psychosocial factors

- Struggling families
- Separated parents
- A parent with significant, unmet mental health needs
- Social care input (variably engaged)
- Difficulties with making and maintaining boundaries
- Behavioural difficulties
- Mood difficulties
- Self esteem



Interventions - medical

- Diabetes management education and support
- Oral hypoglycaemic treatment
- Insulin
- Dietary interventions
- Physical monitoring – regular appointments, weight management
- Parental support with implementing plans, including home visits and school visits



Interventions - psychosocial

- Engagement with families
- Liaison with school
- Liaison with social care
- Referral to diabetes psychologist/psychiatrist
- Psychological support
- Self-esteem interventions
- Specific interventions as required



Challenges

- Difficult to engage
- Difficult to support
- Chronic difficulties
- Binge eating patterns and secrecy
- Engaging social care variable
- Poor compliance
- Hard to change patterns of behaviour regarding diet and behaviour
- Poor prognosis
- Complex psychosocial difficulties
- Inadequate support
- Lack of appropriate educational support



Thoughts and
ideas.....