

Extra attention to be paid for boys live with Type 1 Diabetes Mellitus in Oman.

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Introduction

More than 1,106,500 worldwide children were living with type1 diabetes mellitus (T1DM) in 2017. Researchers concluded that better glycaemic control is associating with lesser complications of this chronic condition. Target HbA1c was recommended to be <48mmol/mol(<6.5%) and <53mmol/mol(<7%) as per NICE and ISPAD respectively. The glycaemic control represented by HbA1c was worse amongst the British girls, similar to boys in recent Saudi study, our neighbouring country, but it was unexpectedly poorer in Omani boys compared to girls..

Aim

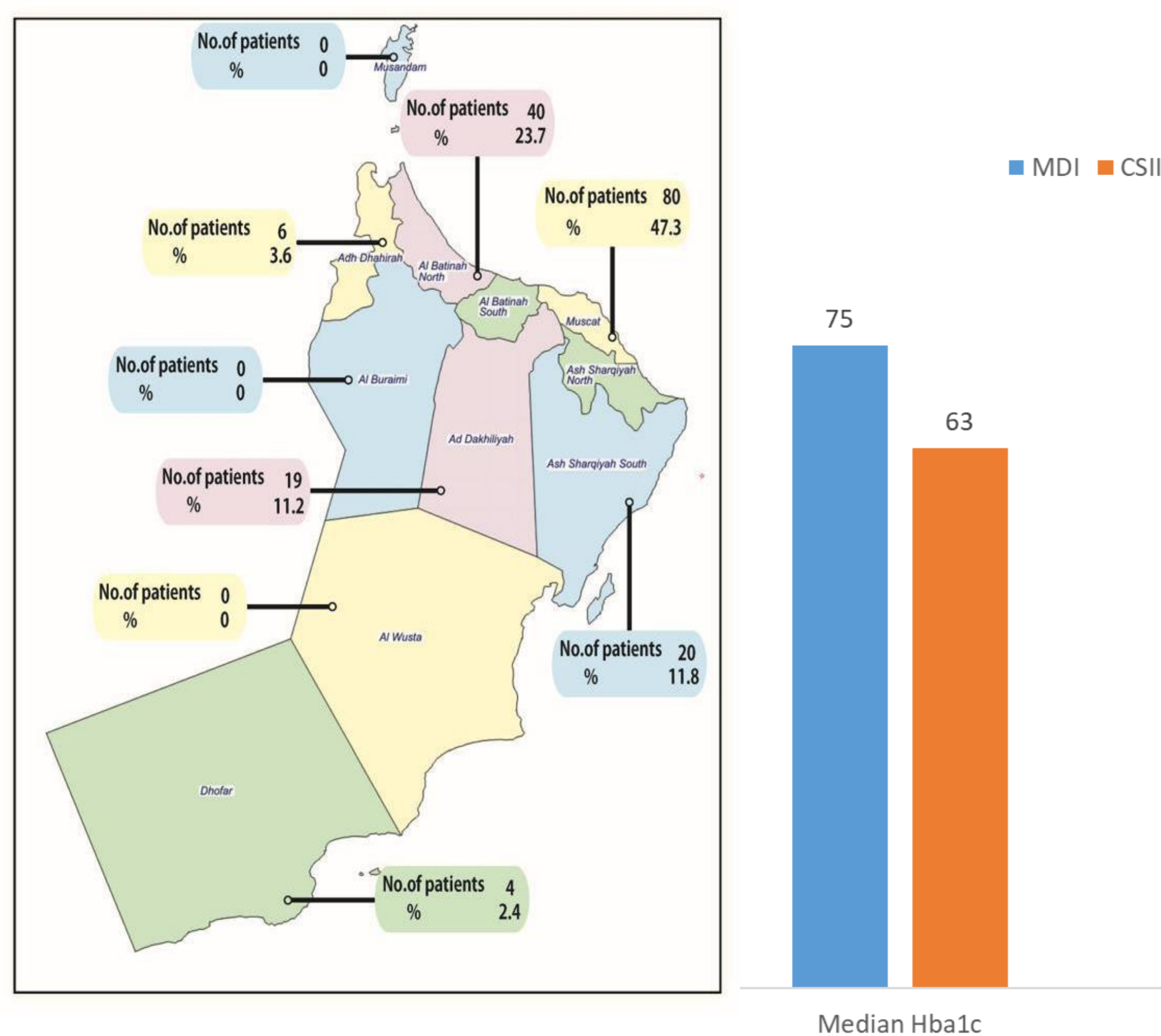
To reveal the key care processes that have been received by children and young people live with T1DM and whether glycaemic control is same or different based on the age and gender.

Method

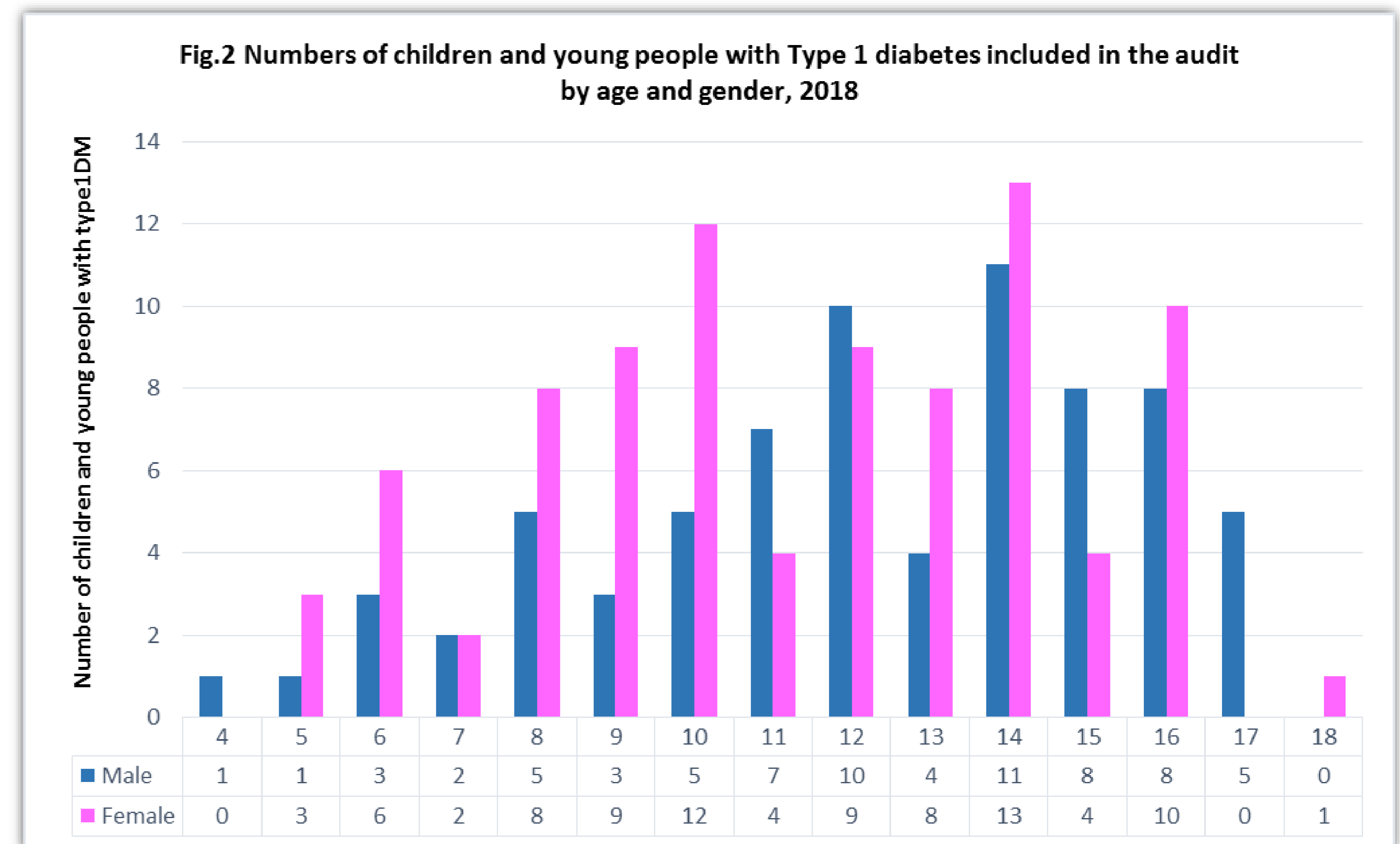
An annual audit was carried out. Data were captured from the electronic medical records of children and young people up to the age of 18 years under the care of paediatric endocrinologists at SQUH in 2018. Retrospective study..

Results

Data were available for 162 (89F) patients live with T1DM. Results are reported in the following table.



Type 1 diabetes mellitus	Females (n=89)	Males (n=73)
Current age (yrs), Range	5.3 to 18.5	4.2 to 17.9
Median age (yrs)	11.9	12.6
Mean ± Standard deviation (yrs)	11.7 ± 3.2	12.6 ± 3.3
Age at diagnosis (yrs), Range	0.9 – 12.5	0.8 – 14.9
Median age at diagnosis (yrs)	6.7	6.9
Mean age at diagnosis ± Standard deviation (yrs)	6.8 ± 3.1	7.1 ± 3.4
Duration of diabetes (yrs) – Range	0.4 – 11.2	0.2 – 11.1
Median duration of diabetes (yrs)	4.7	5.4
Mean duration of diabetes ± Standard deviation (yrs)	4.9 ± 2.4	5.6 ± 2.7
Number of patients using CSII	7	9
Mean HbA1c %, (mmol/mol)	8.98, (75)	9.3, (78)
Median HbA1c %, (mmol/mol)	8.5, (69)	9.2, (76)



Conclusion

It is important to take the cultural factor in consideration when looking after children and young people with T1DM. Extra attention and support to be provided for the growing young males. We would recommend examining this observation in other Arab countries who share the same traditions with Omanis.

References;

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