INTRODUCTION

- Muslim T1DM children and adolescents in developing countries are often inclined to fast despite religious exemption, even during COVID-19 pandemic
- Ramadan fasting has been associated with increased metabolic risk of hypo or hyperglycaemia, diabetic ketoacidosis, dehydration and thrombosis

AIM

- To investigate the short-term impact of Ramadan fasting in T1DM children and adolescents via retrospective CGM

METHOD

- Observational study
- Duration: February to May 2020 (including Ramadan Hijri 1441, 23/4/20- 24/5/20)
- Inclusion: T1DM aged 8-18 years old who intended to fast during Ramadan
- Exclusion: Hypoglycaemia unawareness, history of recurrent hypoglycaemia or DKA 3 months prior
- Ramadan-focused education & SMBG 3-4 times per day with standardised glucometers (Contour Plus One) and fully supplied strips
- iPro2 (Medtronic)

CONCLUSIONS

1. Despite cohort of suboptimal baseline HbA1c with lack of access to advanced diabetes technology, and low household income, safe fasting was observed
2. Fasting is not associated with short-term glycaemic deterioration, except for increased time in mild hyperglycaemia, without effect on time in range, severe hyperglycaemia or hypoglycaemia
3. Individualised insulin titration based on published Ramadan guidelines, focused education and regular SMBG help to ensure safe fasting in T1DM children

REFERENCES


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1. Director General, Ministry of Health, Malaysia
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