Trans-cultural Transitions:

The role of the multidisciplinary team in supporting young people with Type 1 diabetes

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ADEA
Your trusted partner in diabetes care

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Patient Information

- Tahirah is a 19 year old Egyptian-born woman
- Emigrated to Australia at 10 years of age
- Type 1 Diabetes
- No contact with Paediatric Diabetes Service for over 12 months

Social History

- University student
- Works part-time in retail
- Lives with parents and younger sister in Western Sydney
- Follows the Western Sydney Wanderers soccer team
- No partner
- Loves to text!
- Walks for exercise

General Practitioner

- Weight 50kgs, Height 165cm, BMI 18.4
- Presents to GP at initial appointment, with mother, who has the following concerns about Tahirah:
  - frequent hypos
  - weight loss of 5kg over last 3 weeks
  - eating problems

Past Medical History

- Diagnosed with type 1 diabetes at age 8 years
- Menarche at 15 years
- No known allergies
- No previous mental health or physical health issues
- Denies use of illicit drugs
- Non-smoker
- Social drinker
- No contraception
- No regular medications

Family History

- Mother - history of GDM and Type 2 diabetes
- Father diagnosed with hypertension and hypercholesterolaemia
- Sister diagnosed with polycystic ovary syndrome
- 22 year old cousin living in Lebanon with Type 1 diabetes

Current regime

Basal-bolus:

- Levemir: 14 units bd
- Novorapid: 4-6 units 4-6 units 4-6 units

Cycle of Care Pathology

- BMI
- HbA1c
- BP
- Ketones
- Non-fasting cholesterol – total
- LDL
- HDL
- EUC
- FBC
- Ferritin
- Ca
- PO4
- CRP
- TS anti-thyroid antibodies
- Anti-transglutaminase antibodies
- Total IgA
- KFT
- Coeliac
- VitD
- B12
- LFT
- Overnight urine micro-albuminuria x 3

One Month Later….

- Tahirah is admitted to hospital with DKA via Emergency
- pH 6.85
- HCO^3 2mEq/L
- Base excess -30mEq/L
- Na 121 mmol/L
- K 4.0mmol/L
- Glucose 38.4mmol/L
- Stabilised and discharged after five days in ICU

Discharge Summary to GP via eHealth

- Medication regimen not altered
- Pathology:

A1c	eGFR	Lipids	ACR	Hb	TSH	LFTs	Coeliac	Vit D
9.2% (77)	90	WNL	1.6	108	6.1	WNL	Neg	31

- D/C Summary recommends follow up with GP and Endocrine Team

At Home

- Mother fears another DKA episode and hospital admission, and insists on patient visiting GP with discharge summary from hospital

- Patient agrees but will only attend with 20 year old female cousin

GP Follow Up

- No evidence of retinopathy
- eGFR 90ml/min
- Diabetic foot assessment – NAD
- Patient mentions to GP following concerns:

- No understanding of her type of diabetes by hospital staff
- Inconsistent self-management advice
- Did not appreciate people around her with type 2 diabetes giving her unsolicited advice
- Tahirah admitted to insulin omission