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IMPACT OF THE COVID-19 PANDEMIC ON GLYCAEMIC CONTROL, BODY MASS INDEX AND LIFESTYLE CHANGES IN CHILDREN AND ADOLESCENT PATIENTS WITH DIABETES MELLITUS IN THE STATE OF NEGERI SEMBILAN

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INTRODUCTION
This study aimed to look for the impact of the COVID-19 pandemic on glycaemic control, body mass index (BMI) and lifestyle changes in children and adolescent Patients with Diabetes Mellitus (DM) in the State of Negeri Sembilan

METHODOLOGY
This cross-sectional study involved 3 main specialist hospitals in Negeri Sembilan including HTJS (Hospital Tuanku Jaafar Seremban), HTAN (Hospital Tuanku Ampuan Najihah Kuala Pilah) and HPD (Hospital Port Dickson). The included patients had follow-ups more than 3 months prior to the lockdown and had at least one physical clinic follow-up after the lockdown. All the records were retrieved and the patients' glycaemic control parameters such as HbA1c and their BMI before and during the COVID-19 pandemic MCO. Guided interviews were conducted regarding their changes in lifestyle before and during COVID-19 MCO.

RESULT
A total of 52 patients were enrolled in this study, 41 patients (78.8%) had Type 1 DM and 11 patients (21.2%) had Type 2 DM. The age of participants was 4 to 18 years old (mean SD 14.10 ± 2.6). The mean difference in HbA1c, before and during MCO, was 0.117 (95% CI:-0.519, 0.744; p=0.79). BMI change before and during COVID-19 MCO was statistically significant at 0.383 (95% CI:0.204,0.561); p<0.001. Lifestyle changes had no significant inter-category difference in the association with the HbA1c and BMI.

CONCLUSION
Lifestyle changes, had no significant inter-category difference in the association with the HbA1c and BMI changes using linear regression in Children and Adolescent Patients with Diabetes Mellitus in the State of Negeri Sembilan.