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### Less Hassle = Better Control?

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#### INTRODUCTION

Type 1 Diabetes Mellitus (T1DM) accounts for more than 90% of childhood and adolescent diabetes worldwide. Malaysian Diabetes in Children and Adolescents Registry reports that from year 2006 – 2008, T1DM made up 71.8% of diabetics under the age of 20 years. Good glycaemic control early in the disease has been shown to reduce chronic diabetes complications. However, management of this disease remains a challenge in most centers. A main contributing factor to a poor glycaemic control is inadequate home blood glucose monitoring, especially in younger children where pain from frequent finger pricking is a hindrance to frequent monitoring. Over the years, advancement of technology has facilitated better management of diabetes in many aspects. Of late, the introduction of a glucose flash monitor has reduced the need of frequent finger-prick checks. It allows more frequent monitoring of a patient's glucose level in the body. This aims to achieve a better glycaemic control with better home blood glucose monitoring.

#### METHODOLOGY

Here, we observe the use of the glucose flash monitor in 10 of our T1DM patients and compared if there was a difference in their control pre and post usage of this new intervention.

#### RESULTS

We explored the factors that encouraged or discouraged these patients to use the glucose flash monitor over conventional finger-prick tests.

#### CONCLUSION

In conclusion, the advent of the glucose flash monitor has allowed for potentially much better glycaemic control among type 1 diabetes patients. However, patient education and knowledge remains the crux of matter – it is crucial to educate patients on the information garnered from such devices, to be able to utilize this technology to its full purpose.