

SYSTEMATIC REVIEW EXPLORING EXPERIENCES OF ADOLESCENTS WITH TYPE 1 DIABETES IN RETROSPECTIVE REVIEW OF GLUCOSE DATA.

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Background

Multiple biological, physiological and psychosocial changes occur during adolescence and this life phase is typically associated with reduced adherence to the basics of self-management of Type 1 diabetes (T1D) and an increase in HbA1c. Some studies suggest that retrospectively reviewing glycaemic data regularly can support a lower HbA1c.

Aims

This literature review aims to explore themes around the retrospective analysis of glucose data by adolescents with T1D. It will also identify experiences in broader factors relating to self-care of diabetes, with a focus on glucose monitoring.

Methods

A systematic search was carried out using three electronic databases to highlight themes pertaining to the retrospective review of glucose data and broader factors relating glucose monitoring. Selected articles were appraised using the Critical Appraisal Skills Programme tool and themes identified.

Results

538 articles were retrieved. Four key themes and their sub codes were identified from five included papers; input/attitudes/knowledge of others, knowledge and building confidence, normalising diabetes and practical aspects of diabetes management.

Conclusion

The review highlighted studies to give a broad insight into factors affecting self-care efficacy in adolescents with T1D which can contribute to addressing some aspects of the research question. However, there is very little data relating specifically to experiences of adolescents in retrospective review of their own glucose data and so further research is needed regarding the mediators and barriers to this.