

# **Experiences of hypoglycaemia in adults with type 1 diabetes**

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# **Aim**

To explore the experiences of hypoglycaemia in adults with Type 1 Diabetes Mellitus (PWT1D).

# **Methods**

- Systematic literature review using database search (Medline, Embase, CINAHL and PsycINFO). 784 records identified through database search and 2 additional records identified through other sources. Finally 7 studies included in qualitative synthesis.
- Meta-synthesis of included studies
- Data were synthesised through a meta-ethnography

# Results

PWT1D had different experiences and perceptions of hypoglycaemia.

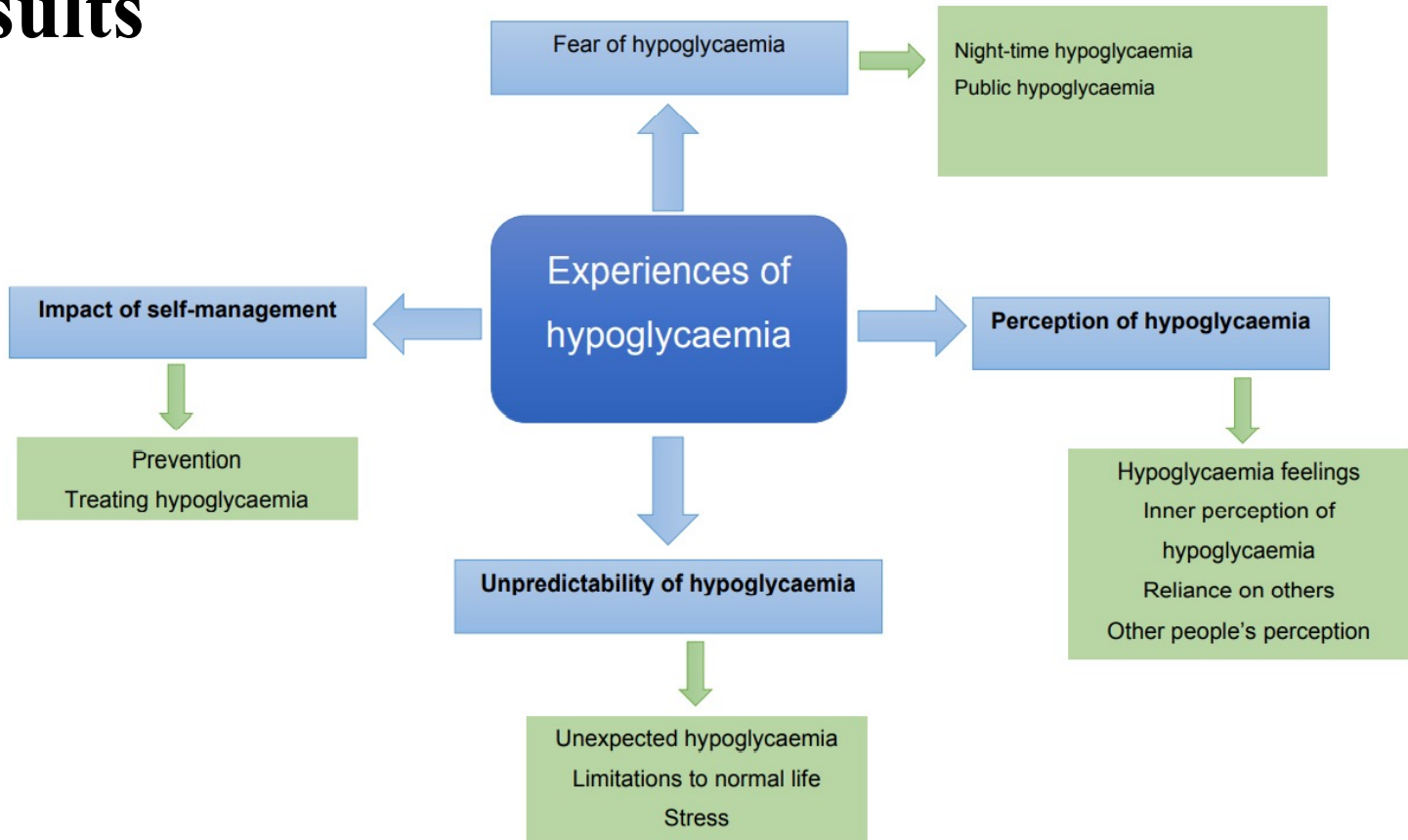
Often, hypoglycaemia was unexpected.

Many PWT1D described fear of hypoglycaemia especially during night-time or in social situations such as work or with family members. There were many ways of experiencing hypoglycaemia which were often connected with various feelings.

Following hypoglycaemia some PWT1D felt ashamed because they had not been able to use their self-management skills to prevent it. Some felt exhausted especially if hypoglycaemia was unexpected.

Reliance on others was described by some PWT1D in relation to hypoglycaemia which for some challenged their sense of independence.

# Results



# Conclusion

Hypoglycaemia is an integral part of life for each person with diabetes.

Hypoglycaemia is often perceived as a complex bio-psycho-social experience.

Hypoglycaemia is associated with different feelings, perceptions and each PWT1D may experience it differently. It is important to explore what PWT1D experience when they have hypoglycaemia to better support them in coping with this.