



# Association of Children's Diabetes Clinicians

## NEWSLETTER MAY 2021

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### 16th ACDC ANNUAL CONFERENCE 2022

Next year's 2022 16<sup>th</sup> ACDC Annual Conference will be held at Conference Aston, Aston University Campus B74BL Birmingham on Friday, 4<sup>th</sup> February, 2022. Please visit our website at <http://www.a-c-d-c.org/forthcoming-acdc-meetings/> in the summer to register.



### ACDC WEBINARS

ACDC would like to thank all the speakers and members for participating. ACDC Webinar series in 2020/21 had more than 800 healthcare professionals registered to view the online talks. The ACDC Special Webinars on DKA Management was also very well attended with more than 500 registered. In total more than 1300 viewed our webinars.

### ACDC GUIDELINES

ACDC guideline 'Care of children under 18 years with Diabetes Mellitus undergoing Surgery' is currently being updated and will be back online soon at <http://www.a-c-d-c.org/endorsed-guidelines/>. The 'Management of Type 2 Diabetes for Children and Young People' guideline is in progress to be published later this year.

### ACDC TRAINEES DAY

ACDC 2021 Trainees Day will be held online this year via Zoom on the 18th June 2021, and will be free of charge. Our Trainees Day will be chaired by Dr Eleri Williams. Please register from our website <http://www.a-c-d-c.org/forthcoming-acdc-meetings/>

### A4D: A UK CHARITY REVOLUTIONISING TYPE 1 DIABETES CARE IN SOUTHEAST ASIA

Action4Diabetes [www.action4diabetes.org](http://www.action4diabetes.org) is a UK charity that currently supports more than 500 CYP with Type 1 Diabetes with free insulin, blood glucose kits and provides education and support to healthcare professionals in Southeast Asia's Laos, Myanmar, Cambodia, Thailand, Malaysia and Vietnam. There is currently no diabetes outcome data in these resource limited countries, and previously many with Type 1 diabetes did not survive into adulthood. If you are interested in helping and learning more, please do read about the charity in this month's DCCYP.

<https://www.diabetesonthenet.com/journals/issue/642/article-details/action4diabetes-uk-charity-revolutionising-type-1-diabetes-healthcare-across-south-east-asia>

#### Action4Diabetes: A UK charity revolutionising type 1 diabetes healthcare across South-East Asia

Action4Diabetes (A4D) is a small, formal UK diabetes charity that is making sustainable and scalable progress in the region to provide quality type 1 diabetes healthcare to young people across South-East Asia (SEA). A4D's mission is to save and empower children and young people with type 1 diabetes in deprived communities across SEA by providing them with access to essential healthcare and education.

Access to care, medication and education in SEA countries. There is little representation of prevalence, outcomes and indicators of disease burden of type 1 diabetes in SEA countries, where government funding of insulin and blood glucose monitoring kits is either absent or is limited to the most basic forms of humanitarian insulin. Care gaps exist between developed countries and resource-limited countries within SEA. In the Lancet Commission 2020, it was estimated that approximately 15,000 young individuals with type 1 diabetes died in 2017 globally, one of a total diabetes prevalence of 1.61 million people (Chan et al. 2021). However, data from SEA countries were very limited.

In many of these resource-limited countries, poverty, insufficient infrastructure and lack of professional knowledge often lead to access inequality and poor access to diabetes education. As a result, children with type 1 diabetes in these settings often have an extremely poor outcome and are frequently misdiagnosed, develop complications and die prematurely. Current health-care systems are totally unaffordable and beyond the means of the vast majority of people. Many clinics in SEA continue to use human or animal insulin with weekly-daily regimens due to lack of affordability. However, these regimens are often associated with high HbA<sub>1c</sub> and frequent hypoglycaemia, especially when there is limited ability to self-monitor blood

glucose (Ogle et al. 2016). Culturally sensitive educational material written in individual's own languages and appropriate to their cultural diets are often not available.

In SEA, factors such as limited insulin, food insecurity, unavailability of blood glucose monitoring supplies and lack of caregiver education to properly adjust quality of life (Ogle et al. 2016). These are exacerbated by poverty, varying government health policies, lack of price transparency, complexity in supply chains and inefficient competition among industries that make insulin and blood glucose monitoring supplies (O'Leary et al. 2018).

While in some resource-limited countries programmes such as Life for a Child, Insulin for Life and Changing Diabetes in Children have substantially improved type 1 diabetes outcomes, many of these programmes tend to be ad hoc and are not yet sustainable over the long term, where resource utilisation and outcomes are monitored and tracked down to individual clinics and people with type 1 diabetes. A4D is the only UK-based charity providing comprehensive partnership programmes with defined local diabetes clinics, which guarantee ongoing supplies of free insulin, blood glucose meters and hospital emergency funds, and which actively tracks HbA<sub>1c</sub> outcomes across the majority of supported countries in SEA.

Paul's story  
In Laos, prior to 2016, no one had been diagnosed or treated for type 1 diabetes. Healthcare professionals in regional hospitals across the country did not have the resources to deal with the condition, and even if they did the patient would not have been able to afford the care.

Paul ('Charlie' Paul) arrived at Mahosot Hospital in Vientiane, Laos, on a stretcher in early February 2016. At that time, he had severe diabetic



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