

A taint of sugar: A case report on diabetic ketoacidosis in two adolescents with type 2 diabetes mellitus

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There have been recent investigations on the perceptions, challenges and experience of health care professionals managing children and adolescents with diabetes worldwide during COVID-19 pandemic. Several studies showed a higher incidence of new onset diabetes with DKA. Several practitioners noted that caregivers fail to contact their endocrinologist during the pandemic. The consequences of the pandemic diagnosed diabetics and those at risk could be based on less exercise, changes in dietary habits, restrictions in routine visits to the physician, and decreased availability of oral hypoglycemic agents in some areas. Overall, these events contributed to the delay in seeking medical care until the severity of presentation was dire.

Based on the Philippine Pediatric Registry, comparing the cases of Diabetic Ketoacidosis (DKA) from pre pandemic January to August 2018-2019 from 2020-2021, there has been a drop in cases of diabetic ketoacidosis. Although, local data showed a decrease in trend pre and post pandemic, some studies based on international data prove otherwise. There is an unusual increase in our cases in Cardinal Santos Medical Center, a private tertiary hospital, which had a total of 3 DKA cases in a span of 11 months since November of 2020.

A case of C.M., a 13-year-old male with new onset Diabetes mellitus type 2 and a case of D.S., an 18-year-old female a known case of Diabetes mellitus type 2 will be discussed. This case series on adolescent diabetic ketoacidosis during the pandemic aims to discuss and compare the clinical presentation, diagnosis, course of management, risks and follow up, to compare the treatment outcomes, complications and length of hospital stay. The patients underwent hemodialysis and hemoperfusion due to intractable metabolic acidosis and renal involvement.

Diabetic education is a continuous team-based approach and is essential to provide the best quality of care.