

LARC Out Loud: Future Planning

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Introduction

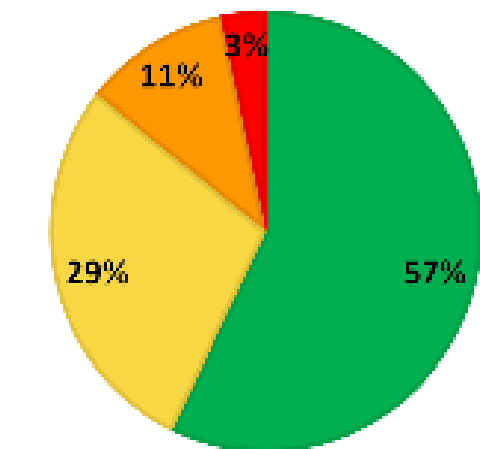
Type 1 Diabetes - Haiti and low-income countries:

- The Kay Mackenson Center aims to provide high quality care to children with chronic diseases offering free long-term disease management and monitoring that is setting-adapted and family-centered. Our goal is for our patients to lead healthy, happy lives, and to reduce morbidity and mortality from the chronic conditions affecting them
- Type 1 diabetes is one of the most common chronic diseases in childhood. It is a life-long condition with high morbidity and mortality if left untreated.
- According to WHO, In 2016, an estimated 21 million girls aged 15-19 years in developing regions became pregnant, half are unintended and approximately 12 million gave birth.
- Early pregnancies among adolescents have major health and social consequences including higher risks of eclampsia, systemic infections, social consequences such as stigma, rejection or violence
- Youth with diabetes in low-income countries have a high risk of mortality, often present with more severe symptoms, such as diabetic ketoacidosis, and have rates of complications rarely seen in high resources settings. (2-3)

Studies have shown only 32% of teens and 18% of youth >19 years with type 1 diabetes attain recommended glycemic control (substantially lower compared to adults (56%)) Fewer than 25% of adolescents with DM were aware of maternal or fetal risk of poor glycemic control in pregnancy

- Promotion of contraceptive use to address unintended pregnancies among adolescents has been shown to be effective.

Figure 3: Number of Complications



- Total DM pts: 97
- Female: 58 (60%)
- Mean age: 18 ± 5
- Diabetes Duration: 4 ± 3.5
- Suspected DKA/coma at presentation: 55 (60%)/18 (20%)

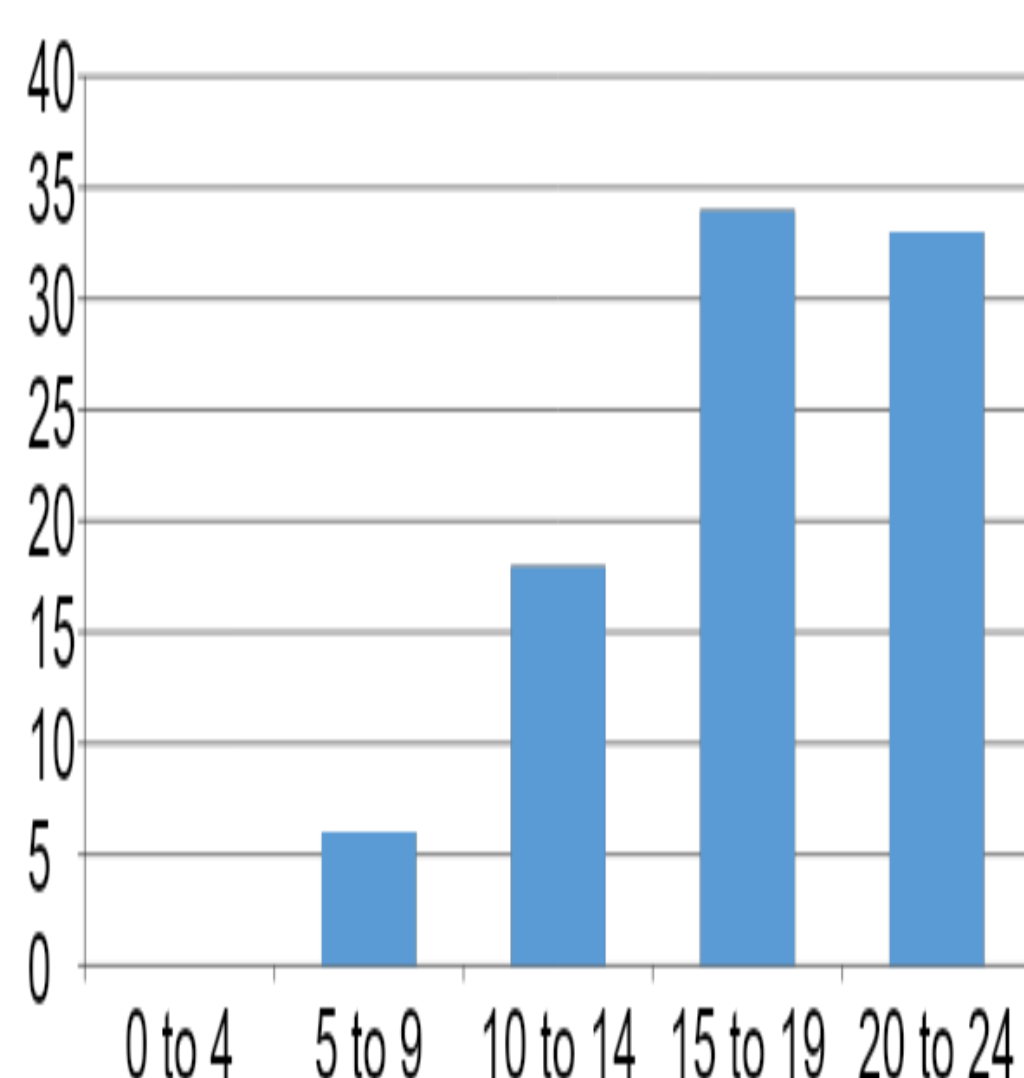


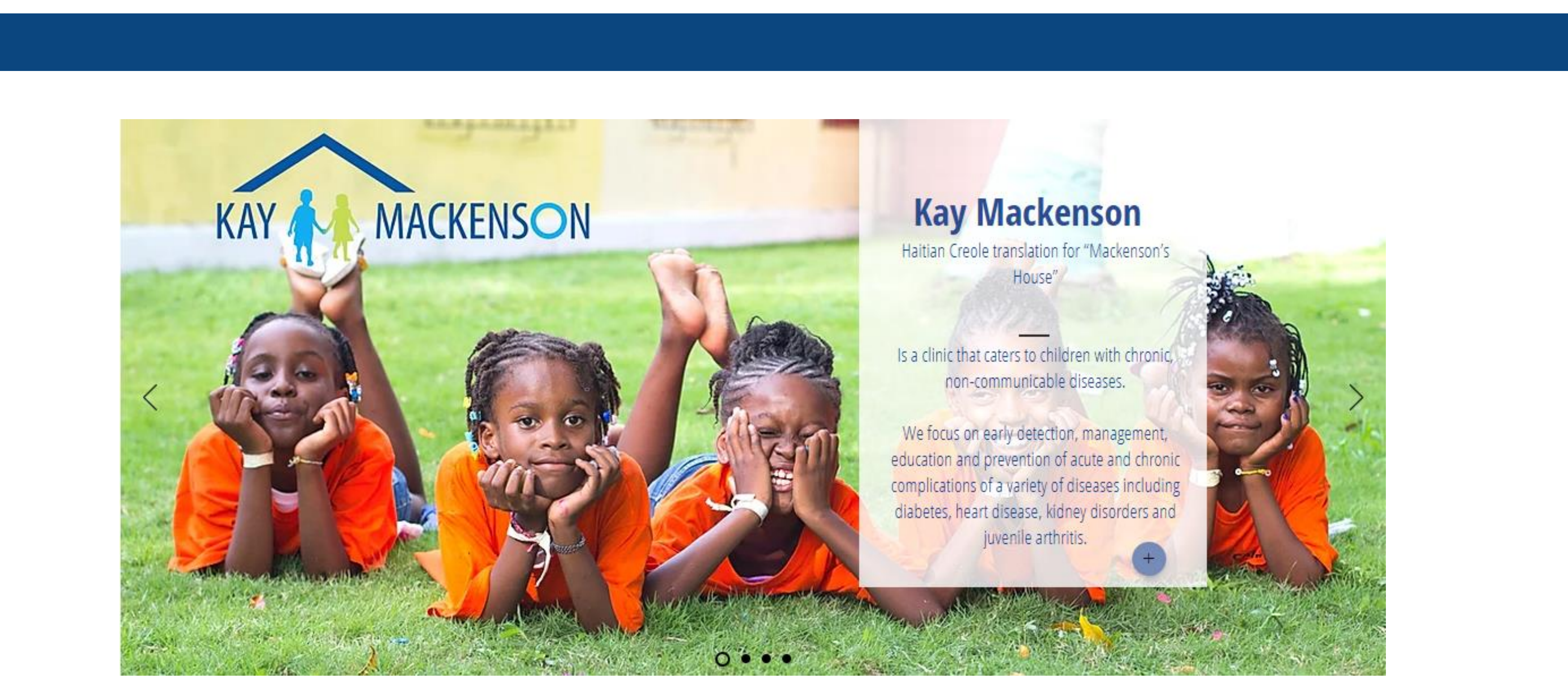
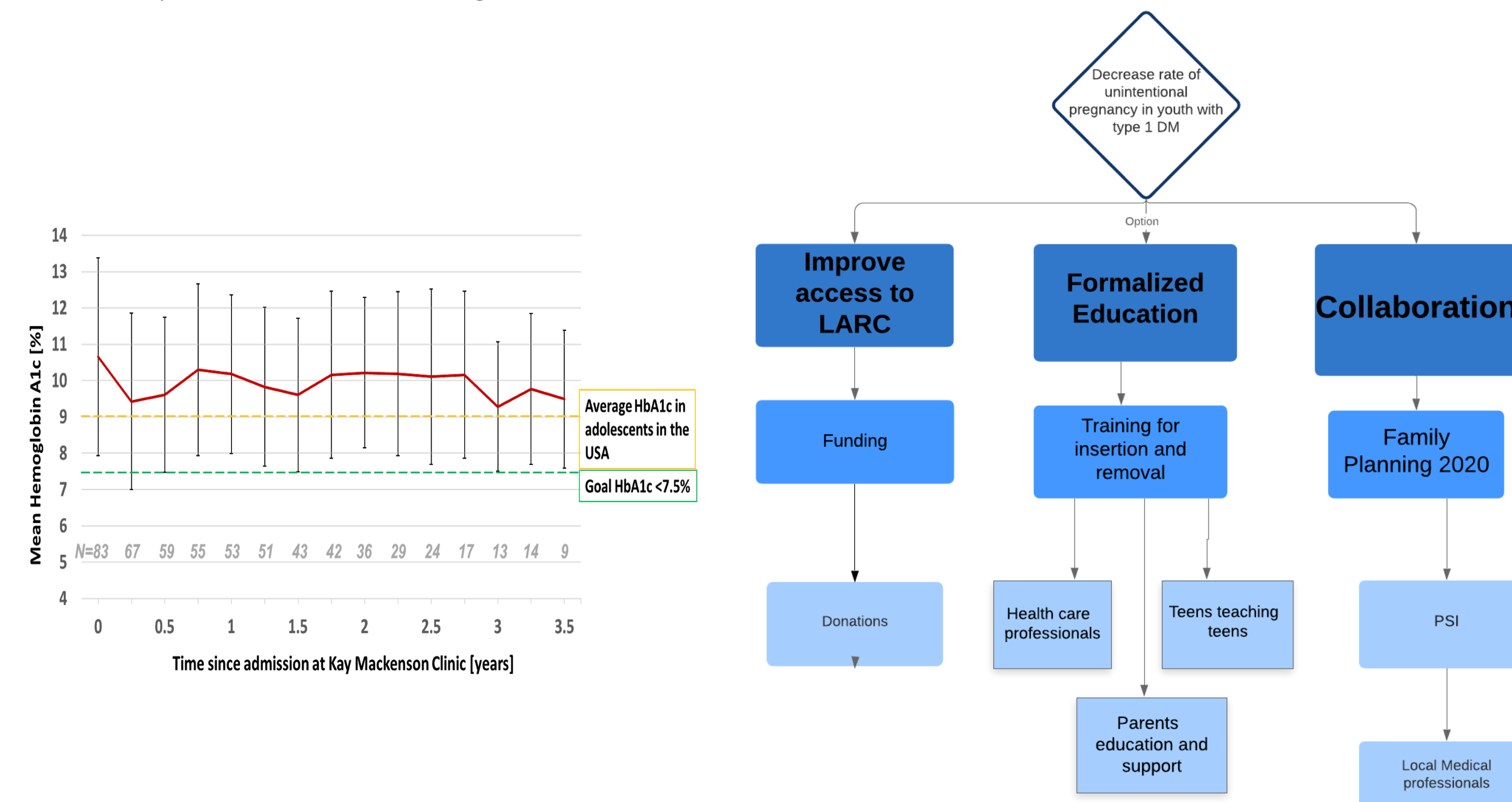
Figure 1: Age at diagnosis

Objectives

- Reduced unintended teen pregnancy at Kay Mackenson Clinic by 75% in 5 years.
- To improve the acceptability, accessibility and affordability of this contraceptive method in low-resource settings.

Method

- Identify partners in the local Haiti community who are promoting effective forms of birth control
- Educate providers at Kay Mackenson on the insertion and removal of Long Acting Reversible Contraception (LARC)
- Identify sustainable funding source for effective birth control in Haiti



Conclusion

By partnering Kay Mackenson providers with other local champions of effective forms of birth control, teens who attend the Kay Mackenson clinic with Type 1 Diabetes will be more informed to plan their families which will reduce maternal mortality and rates of diabetic ketoacidosis.

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- <http://familyplanning2020.org/>

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