Sugar Rush - Type 1 Diabetes Mellitus and Deliberate Self-Injury

Case Report

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Introduction:

Self-injury is described as the deliberate destruction of body tissue without suicidal intention, usually with different purposes like affect regulation, sensation seeking or interpersonal influence. It's more frequent among adolescents and young adults and can have several forms, from cutting to scratching, burning and hitting oneself. It has already been described that individuals who are diagnosed with T1D are at greater risk of self-harm behaviors, usually inducing hypoglycemia resulting from their easy access to insulin.

Clinical Case:

Identification and Medical History	Clinical Features	Treatment and Evolution
<ul style="list-style-type: none">▶ Male▶ 23 years old▶ Single▶ Living with his father and his grandmother▶ Unemployed, no occupation▶ No brothers or sisters▶ History of abandonment at the age of 1 by his mother▶ Schooling: 9th grade (2 previous fails)▶ Type 1 DM diagnosed at the age of 15▶ 20 hospital admissions in 4 years due to diabetic ketoacidosis	<ul style="list-style-type: none">▶ During one of the admissions, was observed by a psychiatrist and diagnosed with depression▶ Kept regular follow-up at Psychiatry appointments▶ Admitted at Day Hospital▶ Observed at his admission on Day Hospital of Psychiatry and Mental Health Service of Portimão Hospital on February 2018▶ He presented with “<i>poor invested aspect, avoiding eye contact. Depressive mood. Poor speech, keeping coherence and organized. No evidence of delusions or hallucinations. Preserved insight</i>”	<ul style="list-style-type: none">▶ Throughout his frequency of Day Hospital, was possible to conclude that the patient had difficulties relating with his father and grandmother, and those conflicts would lead the patient to intentionally neglect the insulin administrations and binge eating in order to be admitted at the hospital▶ It was possible to realize some psychoeducation and psychological support and rehabilitate the patient on a psychosocial perspective▶ After 6 months, the patient start to work and reduced his admissions due to decompensate diabetes

Conclusions:

With this clinical case report we try to highlight the important relationship between chronic diseases and the presence of self-injury behavior, especially among adolescents and young adults. Sometimes, this kind of aggression can have atypical presentations, like the one described above, reinforcing the importance of a detailed clinical history and a close follow-up, in order to stabilize these patients and optimize their care.

Biography:

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