



PAEDIATRIC DIABETES MANAGEMENT

High HbA1c in patients with Type 1 diabetes

Patient information Leaflet

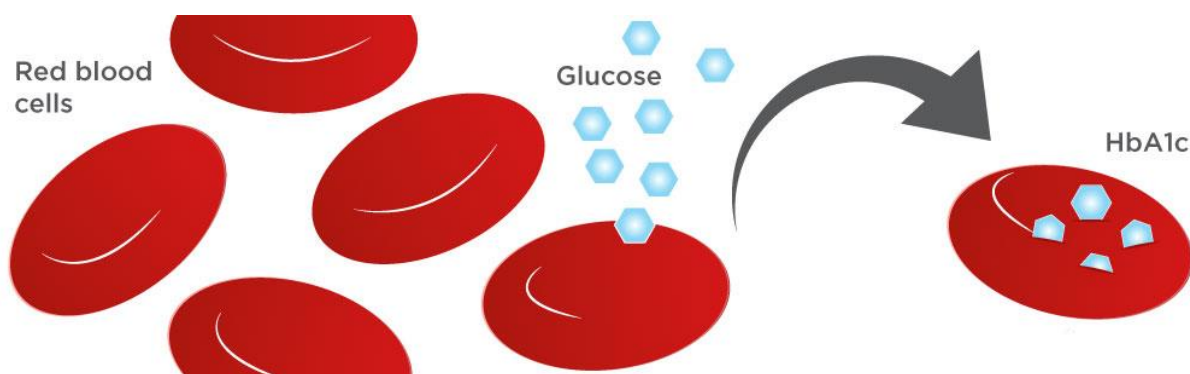
April 2019

Introduction

This leaflet aims to give children and young people with Type 1 diabetes and their parents/guardians information about managing a high HbA1c. You have been given this leaflet because your child's/your HbA1c is above 69 mmol/mol (8.5%). This leaflet aims to give you more information about what this means, why it is important and how we can support you in making changes.

What does having a “high HbA1c” mean?

Your HbA1c is a measure of how much glucose is stuck to your red blood cells. It is a measure of your blood glucose control over about 3 months (approximately 90 days). National guidelines (NICE) recommend that you aim for an HbA1c of 48 mmol/mol (6.5%). If your HbA1c is over 69 mmol/mol (8.5%), we class this as “high”.



Why is this important?

You are more likely to have diabetes-related problems if your HbA1c is much higher than the recommended level. This could include short-term problems such as frequently needing to wee or difficulties concentrating in class. In the long-term, having high HbA1c levels can increase the risk of long-term complications such as eye disease, kidney disease, heart disease, a stroke or impotence. However, we don't want you to panic! Even small improvements can reduce the risk of complications.

Factors that can influence HbA1c

Type 1 diabetes can be really tough to manage. You can't have a day off and the rewards for looking after yourself are often in the future (i.e. good health as an adult). Research has shown that a number of factors directly impact on your diabetes control. There are also other factors that can make it harder to do what is needed for your diabetes. For example:



How we can help

If you have a high HbA1c we can offer you extra appointments if you would find this helpful. These can be in clinic, at your home or school. You might want to meet with the nurse or it might be useful to have some extra input from the dietitians or the psychologist. We could offer support with things like:

- Injection technique
- Carbohydrate counting
- Managing diabetes in school or away from home
- Supporting you with your mood
- Improving your communication about diabetes as a family

What happens next?

After you've received this leaflet, you will be offered an additional appointment. This will be an opportunity to discuss what factors are influencing your HbA1c and for us to work out together what might be helpful. We'll make a plan at this point and then review this regularly. After around 6 months, we will check whether you want to carry on with any extra input you are having or if you would prefer to return to routine 3-monthly appointments in clinic. If you have any questions, please let one of us know.

Contacting us

If you have any questions or concerns, please get in touch. You don't have to wait until you see us in clinic.

Paediatric Diabetes Nurse Specialists during office hours 08.30- 16.30

Office: 0161 922 5262

Karen Wright 0161 922 4844 (Mon-Thurs) Mobile: 07760991621

Jenny Butterworth 0161 922 5433 (Tues-Fri) Mobile: 07775032136

Dietitians 0161 366 2376

Diabetes Psychologist (Wed & Thu) 0161 922 4546

Out of hours: 0161 922 6000 - hospital switchboard and ask for on-call paediatric registrar

Other Useful Contacts or Information

Patient Information Centre

Diabetes UK

Digibete.org.uk

If you have any questions you want to ask, you can use this space below to remind you

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

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یوگا یوگا کارڈن 0161 331 5149/5150 ایسی نائے، تین تارا آپناکے ساہیا کرتے پارے۔

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