



# Paediatric Diabetes Transition

## Patient information Leaflet

**April 2019**

Now you are in secondary school we are starting to think about how you can be more involved in your diabetes care. Before you approach 16, we start talking about transition. You will move to the young persons' diabetes team after you turn 16 years old. The aim of transition is to support you as you move from one service to another with minimum problems/issues. We aim to start discussing transition in the year after you start high school and review every year.

### **When does the transition process start?**

We will start to discuss your transition process, and start a transition plan, around the time you turn 12 years or earlier if appropriate

- Each year at your annual review we will discuss progress and plans for your transition
- You may be seen in school 1-2 times a year by your PDSN/dietitian/psychologist
- You may want to start attending part of the clinic appointment by yourself then be joined by you parent/carer
- You do not have to be seen on your own. This is just the first step in becoming responsible for your diabetes as you move into adulthood
- You can discuss any issues that may concern you before moving to the adult diabetes team. Feel free to text Karen or Jenny with any worries

### **When do you move across to the Young Persons clinic?**

- Transition clinics are usually held in July of the year you finish high school
- You will then be seen again in October which will be your last appointment with the paediatric team
- At these clinics there will be the Paediatric diabetes team (Consultant and PDSN) and the adult diabetes nurse
- You will then be seen in the young persons' clinic in the following January/February
- If you don't attend these appointments you will still be transferred across to the Young persons' clinic
- Up until your first appointment in the YP clinic you can still contact the paediatric diabetes team for advice and support.
- Once you have left school at the end of year 11 up until the 31<sup>st</sup> August you can be admitted to the children's unit should you become unwell and need hospital care. After this point if you need hospital admission you may be admitted on to the adult wards

### **Where and when is the Young Person's Clinic?**

You will have a clinic appointment every 3months. The diabetes clinic is held at: Ashton Primary Care Centre every Wednesday from 4.15pm-7.15pm. Twice a year you will be seen by the Diabetes Specialist Nurse, Consultant, and Dietitian, and Twice a year by the Diabetes Specialist Nurse. 1 week prior to your appointment you will need to have your HbA1c blood test done at your GP. Your result will then be available at your diabetes appointment.

### **What does the adult diabetes team provide?**

They provide the following:

- ✓ Support and education on carbohydrate counting;
- ✓ Initiation and support for insulin pumps;
- ✓ Dose Adjustment For Normal Eating (DAFNE) courses;
- ✓ Advice on driving, travel, exercise/sport, work, college, university, festivals
- ✓ Advice with drugs, alcohol and sexual health
- ✓ Supporting you while you try & fit diabetes into your life.

## Getting the most out of your appointment

Before going to your appointment think about any questions you would like to ask, write them down so you don't forget. Make sure you take your blood glucose diary or computer downloaded results and your meter.

Please ask any member of the team if you do not understand anything that was discussed or results of any tests. This is your appointment so make the most of it

## How long do I stay in the Young Persons clinic?

You can stay in the young persons' clinic until you reach the age of 25 and then you will be transferred to the adult diabetes team

## Contact numbers for the paediatric diabetes team

### Karen Wright

Office 0161 922 4844

Mobile 07760991621

### Jenny Butterworth

Office 0161 922 5433

Mobile 07775032136

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

आपनि यदि एई तथ्य पढ़ते वा बुझते ना पारैन, तहसे अनुग्रह करे ए थनिक हेल्थ टिमर साथे टेलिफोने योग्यायोग करुन 0161 331 5149/5150 एई नान्वारे, तखन तारा आपनাকে साहाया कराते पारवे ।

જો આપ આ માહિતી વાંચી કે અભગ્ર માહો ભહિ તો હુમા બરી, અથલીક હેથે ટીમનો 0161 331 5149/5150 નંબર પર સંપર્ક માઘો તેઓ આપને જરૂર ભદે કમહો.

اگر یہ معلومات پڑھ نہیں سکتے ہیں یا آپ کو اس کی سمجھ نہیں آتی ہے تو براہ مہربانی آئٹھنک ہیلتھ ٹیم کے ساتھ ٹیلی فون نمبر 0161 331 5149/5150 پر رابطہ کریں تو وہ آپ کی مدد کر سکیں گے۔

Document control information

**Author:** Jenny Butterworth, Karen Wright  
**Division/Department:** Paediatric Diabetes Team  
**Date Created:** April 2019