

The Diabetes Transition Service

Paediatric Diabetes Team

This document can be provided in different languages and formats. For more information please contact:

Paediatric Diabetes Team
Tel: 0115 9249924 ext. 82367

This information is aimed at you, the young person with diabetes, however, your parents/carers may find it helpful too.

We want to let you know what happens when you reach secondary school and beyond and give you some information about what you need to know and can expect from the team, as a young person with diabetes and also into the young adult clinic later on.

From age 12

There are some extra checks at your annual review appointment including:

- Checking your feet by looking and feeling the pulses in them
- Sending a urine sample to check that your kidneys are not getting damaged by the diabetes (just let us know if you're on a period and we will delay the urine test for another time)
- Routine eye screening

Greeting you in Clinic

From around the age of 14 years you will be offered a few minutes to come into the clinic room without parents or carers, just so that we can talk with you personally. We promise not to ask difficult questions or put you under any pressure but it's just to get used to the idea that it's *your* diabetes and we want to know what *you* think.

Don't worry we won't leave your parents waiting for too long and will be happy to invite them in after so they can hear about how you are doing and contribute to your care as part of your 'family team' who care for you.

Your Personal Information

Just to remind you that anything that you tell us in confidence, we will not share with other people without you agreeing (including your parents) *unless* it is information that is necessary to keep you or others safe from harm. In those circumstances we would tell you exactly what needs to happen next.



The Hospital Youth Team

Hopefully we'll have mentioned to the hospital youth team who are a group of qualified youth workers and young people volunteers.

They organise individual and group based support for young people with long term condition who have to come to the hospital for appointments.

They have a youth club, which is a social/fun space and there are also benefits of getting peer support, learning more about managing health conditions into adulthood and also great advantages such as an AQA qualification in diabetes, which can help with your CV and ongoing application for jobs in the future (after all, you know loads about diabetes and this is a way of officially recognising that)

The youth club runs on a Wednesday evening and we can introduce you to a youth worker who will explain more about some of the fun activities and helpful engagement processes that they provide, for example, checking that new paediatric hospital doctors are the right people for the job.



Conversations

As you get older we will talk to you about managing your diabetes safely alongside adult activities such as driving, using alcohol and sex.

These are conversations that we aim to have without your parents in the room but please let us know if you have questions that you want to ask. Please understand we give *every* young person similar information although we recognise that many will choose not to drink alcohol or are not planning for a sexual relationship yet, for example:

Lets talk about Sex...

- People sometimes forget that sex is a form of activity/exercise and that it will have similar effects on blood glucose levels to a short run for example.
- Contraception e.g. condoms are really important in preventing sexually transmitted infections for everyone
- Adding a hormonal contraception for young women is just as important. Unplanned pregnancies can be very dangerous both to the baby and mother with diabetes.
- Periods can also affect diabetes and so please don't hesitate to ask if periods seem to be affecting the blood glucose levels
- Free contraception is available - speak to your team for details



When it's time to Drive...



We advise you:

- Let DVLA know that you have diabetes and are taking insulin
- Always check your glucose level before driving
- Have a glucose level of 5mmol/mol or above to drive ('Five to Drive')
- Always have hypo treatment and monitor/phone with you in the car
- Leave the driver seat (sit in the passenger seat) to treat a hypo and wait 45 minutes before restarting to drive
- Stop every two hours if driving a long distance, to check your glucose levels.

You will invalidate your insurance and risk losing your licence by ignoring any of the above!



Alcohol

Whether you have diabetes or not, it is important to be sensible when drinking alcohol. Try to avoid drinking too much and make sure you have plenty of non-alcoholic drinks. Keep your drink with you at all times to reduce the risk of getting spiked.

Here are some other tips on how to stay **SAFE**:



Sugars – monitor carefully -

Some alcoholic drinks are **sugary** therefore can cause blood glucose levels to rise. However, consuming alcohol of any type can **increase the risk of hypos** overnight and the next day, as the mechanism of glucose stores being released by the liver when blood glucose levels drop doesn't work when you've had alcohol.

Do not bolus for the carbs in alcohol

Always carry **hypo treatment** while you are out and have it by your bed overnight

Reduce the risk of hypos and hangovers by only having 1 or 2 drinks.

Take your long acting insulin **before you go out/** start drinking. If you are on an insulin pump, **do not take it off!**

Activity -

Consider the effect that any activity may have on blood glucose levels (such as dancing, walking home or sex) – you **may need to adjust your basal/ background** insulin.

Friends/ family -

Tell your **friends** that you have diabetes and make sure they know the signs of a hypo, how to treat them and who to call in an **emergency**.

Tell someone at home you've had alcohol and make sure they check on you overnight/ in the morning. Set an **alarm** to remind you to check your blood glucose the next morning.

Carry **diabetes ID** – such as a wrist band or medical ID on your phone

Eat -

Eat a **meal containing carbohydrate** before you drink alcohol and take insulin for this as usual

Eat a **carbohydrate snack before bed** to reduce the risk of hypos (you may not need insulin for this)



7



Please Avoid Smoking

We advise you to never start smoking and try and limit the time that you can spend in smoky environments.

We will ask you about smoking on a yearly basis as it is part of our usual process to do this, we also may ask if members of your household are smokers. If they do smoke then it may be a good time to talk to them about the health benefits of stopping smoking, for the whole house, as well as for your diabetes.

We can support with that if you would like.



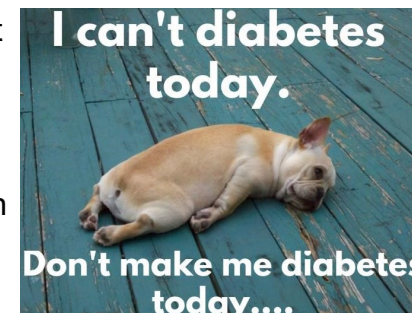
Street Drugs

Non-prescription and illicit drugs can have a detrimental effect on your diabetes particularly if causing an increase in appetite and/or reductions in conscious level.

If you do want to know specific advice about particular drugs please don't hesitate to talk to us about this, we are always happy to give you the information .

Mental Health

Diabetes is a difficult condition to manage and this often has an impact on the mental health of young people, particularly as there are lots of other competing issues at this time in your life. We really want to help support you to get through this, and will be happy to discuss, refer you to our team psychotherapist or offer help to the people who support you, whatever you prefer. Please don't worry about asking for help if diabetes is having an impact on your general wellbeing. Once you get towards adulthood, if you want help, we can introduce you to the person who offers psychological support to adults with diabetes.



8

Transition Clinic

Once you reach 17yrs and are through GCSE-type hurdles, we will tell you about the transition clinic. This is the 'stepping stone' clinic before eventually being seen in the young adult clinic, where you will be until you are 25yrs.

Transition clinics are held in a separate place to the children's clinic (The Treatment Centre—next to QMC tram stop) and introduce you to the young adult team. They are an excellent team and we work very closely with them. They work in a similar way to us and are available to you for advice with additional perks such as text messaging for non-urgent messages.

Prescriptions & getting what you need

Parents/carers will nearly always have organised this in the past however as you approach 18, it will be useful to understand the process of ordering your medications from the GP, collecting from the pharmacy and making sure that you order all supplies (e.g. cannula and sensors) in good time to avoid running out. You will need to apply for an exemption certificate and we will talk to you about how to do this.

It will be worth talking to the adults in your house about the usual processes, so they can help you to learn what works best and how to do this for yourself.

Independent Living Day

Once you are in the transition clinic we will invite you to a session in the summer holidays to meet other young people who are going through the same process and also the young adult diabetes team, in a social environment.

We often do activities such as crazy golf and eating out on this day and it is designed to help you gain some independence and learn more about being an adult with diabetes. Young people have always said they enjoy the day, even though it can be daunting at first for most people. Sometimes its good to meet people your age who know what it's like to have diabetes.

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General Enquiries

If you require advice 9am-5pm Monday to Friday from a specialist nurse, a dietitian or to make a change to your appointment please contact one of the team:

Jennifer Morledge-Seeds (Service Administrator) Ext: 82367

Emergency Enquiries

If **urgent advice** is required 8am-6pm Monday to Friday ring the Emergency mobile on **07595 284 871**

If **outside of these hours or a bank holiday**, please call QMC on **0115 924 9924** asking for the Paediatric Medical Registrar on call

Feedback

We appreciate and encourage feedback about all aspects of our service.

If you are concerned about any aspect of care or treatment please speak to a member of staff or contact the Patient Advice Liaison Service (PALS):

Freephone (QMC campus): 0800 183 0204

From a mobile or abroad: 0115 924 9924 Ext. 65412/62301

Minicom: 0800 183 0204

E-mail: pals@nuh.nhs.uk

Letter: NUH NHS trust, c/o PALS, Freepost NEA 14614, Nottingham, NG7 1BR.

Josephine Drew, Paediatric Diabetes team © June 2015. All rights reserved.
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