

Young Adult Diabetes Transition Clinic

Information and advice for patients

Diabetes Centre City Hospital

What is the Young Adult Diabetes Transition Clinic?

It is a service aimed at providing care, treatment and education for young people with diabetes aged from 19 to 24 years old depending on needs. Your paediatric specialist diabetes doctor will refer you to the transitional clinic when you are ready.

Who provides the service?

It is provided by the adult diabetes team and some of the same doctors and nurses who may have treated you when you were in the children's clinic. If you are aged 16-19 you will be seen within the young adult clinic to help with your transition but your care will remain under the children's team. This means you will still be able to contact the children's diabetes out of hours advice service.

What do we do?

We provide the following:

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

Where and when is the clinic?

It is held on the first Friday morning of each month from 9.30am to 12.00pm. We welcome a relative to accompany you. The clinic is at the Diabetes Centre at City Hospital.

If English is not your first language, please let the clinic know so an interpreter can be booked prior to your clinic appointment.

What happens in the clinic?

Please bring your home blood glucose monitoring diary and your glucose meter to the clinic.

When you arrive you will be greeted by our reception staff and directed to have your blood pressure (BP), weight and finger prick HbA1c test taken (Overtime, glucose in your blood slowly attaches to a protein called Haemoglobin. This is called glycosylated Haemoglobin or HbA1C. The higher the blood glucose levels are, the higher the HbA1c will be). The finger prick test is just like a home blood glucose test. You do not need to fast for this test.

In the clinic you will be seen by one of the team or you may be seen by everyone- doctor, nurse and dietitian, depending on your needs. You can always request to see a specific member of the team.

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We aim to get you through the clinic in half an hour but this depends on what you need from your appointment.

You will have appointments every 4-6 months but in between these appointments you may be seen by the Diabetes Specialist Nurse (DSN) or Dietitian or you can contact them by phone, text or email for non-urgent advice. The DSN will help provide support with your insulin doses. The Dietitian will provide guidance on your carbohydrate counting.

Getting the most out of your appointment

Before coming to your appointment think about any questions you would like to ask, write them down so you don't forget.

Make sure you bring your blood glucose diary or computer downloaded results and your meter.

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

Know your targets

There is a lot of research that advises people with diabetes targets for their diabetes control, blood pressure and cholesterol.

You should aim for the following targets:

HbA1c ≤ **58mmol/mol (7.5%)**

BP ≤ **135/85**

It is important that you know these targets to help with your self-management of your diabetes. Please feel free to discuss with the team for your own achievable personal targets.

Contacts

Diabetes Centre 0121 507 6006 (Monday to Friday, 9am - 5pm)

Adult Diabetes team

Consultant **Dr Parijat De**

Secretary June Al-Hourani

0121 507 4014

(Monday to Friday,

9am - 5pm)

DSN Jo Lloyd

Dietitian Hardeep Gandhi

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Children's Team

Consultant **Dr Meena Bandhakavi**

Secretary Lesley Jordan

0121 507 5570

(Monday to Friday,

9am - 5pm)

DSN Liz Hudson

Gail Higgins

Amanda Whitehouse

Changing your appointment

Should you have a query or need to change an appointment please use the phone number stated on your appointment letter.

It's very important that we have your up to date details. This will be checked by the receptionist when you attend your appointment. A text reminder service is available should you wish to have a reminder of your appointment sent to you through text messages. This can be set up for you when you attend your clinic appointment.

Further Information

Diabetes UK have a section for information regarding diabetes in young adults called 'My Life',

www.diabetes.org.uk. Another good website is www.jdrf.org.uk

If you are keen on sport then

www.runsweet.com can give you extra practical advice on how to manage your diabetes when playing sport.

A website for young people with type 1 diabetes created by young people

www.Justdukit.org.uk

Diabetes online community, e.g.: Ninjabetic1.blogspot ,

www.dafne.uk.com

For more information about our hospitals and services, please see our websites

www.swbh.nhs.uk, follow us on Twitter @SWBHnhs and like us on Facebook

www.facebook.com/SWBHnhs.

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Sources used for the information in this leaflet

- NICE CG 15, 'Type 1 diabetes: Diagnosis and management of type 1 diabetes in children, young people and adults', July 2004

If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5303 or email: swb-tr.swbh-gm-patient-information@nhs.net



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