Patient Information Leaflet

York and Scarborough Teaching Hospitals NHS Foundation Trust

Transition to Young Teenage Clinic

Information for patients, relatives and carers

ⓘ For more information, please contact: York and Scarborough NHS Trust, Wiginton Road, York, YO31 8HE – 01904 721317 – yhs-tr.childrensdiabtesyork@nhs.net

Transition Process:

In the diabetes YTC we aim to help you to be more independent in managing your diabetes and to prepare you to move to the Transition Clinic. This means you should be able to:

- Understand what diabetes is and the implications of diabetes for daily life.
- Know what your HbA1c is and what is should be.
- Understand your insulin regime.
- Counting carbohydrates and changing insulin doses.
- Prevent and treat hypoglycaemia.
- Threat high blood glucose levels and use sick day rules.
- Work your diabetes equipment, such has blood glucose meters,
- CGM, insulin pumps and HCL systems.
- Understand long-term complications of diabetes.
- Talk to the diabetes team on your own initially and invite your parents/carer to the session.
- Start to think about ordering your prescription on your own.
- Know who or where to get help and support e.g. Diabetes nurse, dietitian, psychologist and consultant.

What do I need to do?

To get the most from your appointment:

- Ensure you are linked to Libreview, Glooko or Dexcom clarity. If you are struggling to connect, please contact your diabetes nurse.
- Bring your glucose meter(s), Libre Reader.
- Ensure you know your ratios and doses.
- Think about what you would like to discuss and need from the appointment.

If you need extra help from a particular member of the team, just ask!

What happens in clinic:

When you come to clinic a nurse will greet you and carry out the normal measurements that you are familiar with. This will include your height, weight and blood pressure.
The clinic nurse will also want you to perform a finger prick in order to cheek your HbA1c. The result will give you and us an overview of how your diabetes is currently controlled. We will be able to support and guide you with any changes required.
You may be given a form to tick, with what you would like to discuss with the team.

The team will be different to the children's clinic diabetes team, except Sarah Jayes (dietitian). The team includes:

- Wendy Watts – Paediatric Consultant
- Jo Ellis – Paediatric Diabetes Specialist Nurse
- Lauren Kaya – Paediatric Diabetes Nurse
- Sarah Jayes – dietitian
- Emma Peakman – Psychologist.

We will try where possible to arrange a visit at school with your new diabetes nurse.

The team will look through the data on your linked platform to discuss a management plan if required.

Remember, this is your clinic appointment to ask and discuss any concerns you may be having or feeling, or whatever you would like to talk about.

The team will continue to discuss Ready Steady Go transition process from clinic to clinic.

You will stay in this clinic for around a year or 6-8 clinic sessions. You will then be transferred to Transition clinic in the Diabetes Centre. You will see the same team but gradually you will be introduced to the adult and consultant team.

Please continue to contact Katie or Diane until you have had your fist clinic appointment in the YTC.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact: York and Scarborough NHS Trust, Wiginton Road, York, YO31 8HE – 01904 721317 – yhs-tr.childrensdiabtesyork@nhs.net

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net

An answer phone is available out of hours.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website: www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

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