

Paediatric Diabetes

High HbA1c

You have been given this leaflet as the Paediatric Diabetes Team feel that you have a High HbA1c.

HbA1c is short for haemoglobin, Adult and 1c.

Glucose is bound to the haemoglobin in the red blood cells, so the level of HbA1c depends on the blood glucose levels during the life of a red blood cell. A red blood cell lives on average 120 days. Therefore the HbA1c level reflects the average blood glucose over the past two – three months.

What should my HbA1c be?

Guidelines recommend aiming for a HbA1c of less than **48mmols**, without frequent hypoglycaemias to minimise short and long term complications

Complications

High HbA1c has a negative effect on general health, education, performance and psychological well being. In the long term, having high HbA1c increases the risk of developing complications of diabetes, such as eye disease, kidney disease, heart disease, stroke or impotence.

How do we improve High HbA1c?

The Diabetes Team would like to support you to improve your HbA1c and to reduce the risk of any complications. We can do this by:

- Discussing alternative treatment options;
- Setting personalised targets with you and your family;



Patient Information

- Offering regular contact by telephone, email, or face to face.
- If HbA1c is greater than 75mmols, you may be invited into Enhanced Care Pathway where we will offer more support and contact, tailored to your individual needs.

Patients and their families are encouraged to contact the Diabetes Team at all times for support.

Contact numbers are:

Diabetes Office	024 7696 7230
Nurse Andy	0787 949 8303
Nurse Becki	0776 814 2040
Nurse Tanya	0790 993 1736
Nurse Rebecca	0776 735 4647

Nursing support is available between 9.00am – 5.00pm Monday to Friday

If you need urgent advice please contact the Children's Emergency Department on: 024 7696 6932 or 024 7696 6934

My Targets

1.

2.

3.

Patient Information

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 7230 we will do our best to meet your needs.

The Trust operates a smoke free policy

Document History
Department: Paediatric Diabetes
Contact: 27230
Updated: November 2019
Review: November 2022
Version: 3.1
Reference: HIC/LFT/1838/14

