

Paediatric Diabetes

Annual Review

Why have an Annual Review?

Anyone with diabetes is at risk of developing a number of complications that are associated with it; these include heart disease, stroke, diabetic foot problems, eye disease and kidney disease. Please see the leaflet 'Paediatric Diabetes – Complications of Diabetes' which talks about these in more detail.

It is known that complications can begin in some people 5 years after they are diagnosed and especially from puberty onwards in a young person with diabetes.

The risks are increased by the following factors:

- Having regularly high blood sugars;
- A high HbA1c;
- Being overweight;
- Smoking;
- When you reach adulthood you can also increase your risks if you have high blood pressure or high cholesterol.

You can never be sure that you will not get complications but you can improve your chances of delaying them by looking after yourself and attending your Annual Review.



At the Annual Review

Each year one of your appointments at the clinic will be for an Annual Review. This review checks carefully for the earliest signs of complications. If picked up early, then prompt treatments, improvement in your HbA1c or a change in lifestyle, can very often slow down the complication and prevent further problems.

What tests are carried out?

Under 12 years

You will have a blood test to check your thyroid gland is working properly once a year and also one to check for Coeliac disease. Both can be more common in children with diabetes. Your HbA1c will also be checked as it is at every clinic appointment.

12 years and over

In addition to the above investigations you will also:

- Have your urine checked for something called microalbuminuria. If found, it can be a very early sign of kidney problems and you may be asked to send in 2 more samples to re-check.
- You will need to have your eyes screened for retinopathy. This usually involves having some eye drops put into your eyes to dilate the pupils and then a digital camera takes a picture of the back of your eye to check for early signs of the disease. Where you go for this will depend on where you live.
- Your feet will be checked to make sure they are in good condition and that you can feel your feet being touched. Foot care will be discussed. Although it is unlikely that children will have diabetes related foot problems it is important that we start talking about it and educating children on how to look after their feet.
- The clinic team will review your current diabetes treatment and check your injection sites are healthy.
- You and your diabetes team will also discuss together goals to improve your diabetes care until the next clinic appointment.

Patient Information

If there are early signs of complications, your doctor may want to do further tests and will discuss further treatment and options with you.

Annual dietetic review

An annual dietetic review will be part of your annual review. Healthy eating and accurate carbohydrate counting are important aspects of diabetes management. A dietetic review may help identify ways in which you can improve your blood glucose control. This will also be your opportunity to keep up to date with the current dietetic recommendations for good diabetes control.

Your annual review appointment is a good opportunity to get your questions answered and to think about your diabetes and how you yourself, can make improvements. Please come prepared to spend additional time in clinic when it is your annual review appointment.

If you have any more questions, please contact the Paediatric Diabetes Specialist Nurses on 024 7696 7230.

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.

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