

## Paediatric Diabetes

# Moving from Children's Diabetes Clinic to Transition Clinic



Young people will transfer from the Children's Diabetes Clinic to the Adolescent Diabetes Clinic (Transition Clinic) usually from around 13 years of age.

### **What is the Transition Diabetes Clinic?**

Most people find it reassuring to see the same healthcare staff when they come to clinic. Making the change from children's to adult services can be difficult.

The Transition Diabetes Clinic aims to provide a bridge between children's and adult clinics and enables young people to gradually get used to the new environment and new people. The Transition Clinic also allows you to move over to adult care at your own pace.



## Patient Information

### **What happens in clinic?**

The Transition Clinic is held at the WISDEM Centre at University Hospital Coventry and Warwickshire on the first and third Wednesday morning of each month. The Paediatric Diabetes Team will still see you at this clinic but members of the Adult Team are also present and will start to meet you at around 16-17 years of age. When you are 18 years of age or sooner if you wish, you will be able to move to an adult clinic.

### **The Team**

#### **Paediatric Consultants:**

Dr Shital Malik

Dr Ambika Karthikeyan

#### **Adult Consultant:**

Dr Sailesh Sankar

#### **Paediatric Diabetes Specialist Nurses:**

Ros Ingles

Rachel Peters

Natasha Chatland

Alisha Luciano

Andy Orzechowska

#### **Adult Diabetes Specialist Nurse:**

Kim Swinhoe

#### **Dietitian:**

Hayley Jordan

Andrea Gallanders

#### **Psychologist:**

Dr Teresa Madurai

## Patient Information

### How is clinic different?

- The clinic process is similar to that in the children's clinic; you will be weighed, your height measured and you will have your HbA1c tested. Please ensure you bring your blood glucose meter and diary.
- Everyone with diabetes has to have a yearly health check. You will be used to having a 'big' blood test once a year. This will continue but from the age of 12 years there are some extra things that need to be done. You will need to have a photograph taken of the back of your eyes; this will be arranged by your GP. It is called Retinal Screening. We need to collect a small sample of urine to look for protein and we need to check your blood pressure. Finally we need to have a quick look at your feet to make sure they are healthy.
- You can have the opportunity to meet with the diabetes team alone but parental support is encouraged.
- There will be the opportunity to discuss specific issues relevant to adolescence such as exams, stress, driving, drugs and alcohol. Literature related to these issues will also be available in the Transition Clinic waiting room.

### Can I see the doctor/nurse/dietitian on my own?

From about the age of 15 to 16 years old a lot of young people are keen to talk to the staff on their own for at least some of their appointment time. Over 16 years of age there is no need for a parent/guardian to come into the clinic appointment with you. We will ask if you want to be seen on your own as you get older. Over the age of 16 years you can also ask for a copy of your clinic letter to be sent to you rather than to your parent/guardian. Let us know if you would like this to happen.

### Contacting the team

Whilst you are in the Transition Clinic you will still be under the care of the Paediatric Team and can still seek advice from paediatric nurses and doctors. However, once you have started to meet the Adult team it may be more appropriate to seek advice from the adult nurse/doctor. Please speak to the adult nurse/doctor regarding their contact details.

## Patient Information

Please contact the Paediatric Diabetes Team on 024 7696 7230 if you have any questions or concerns about moving to the Transition Clinic.

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

The Trust operates a smoke free policy.

To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

### Document History

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