

## Paediatric Diabetes

### Common problems

#### Not monitoring blood glucose levels

It is common, especially for adolescents, not to monitor their blood glucose properly for a variable amount of time. The diabetes team encourages young people to keep a check on their blood glucose levels as insulin requirements change. The only way to determine accurately that your insulin dose is right is by checking your blood glucose regularly. It is a tool to aid your management and control of your own diabetes.

Your paediatric diabetes specialist nurse can provide you with the most up to date blood glucose monitor and a diary for recording your results, as well as downloading them onto your computer. The diabetes team will not criticise your results, they just want to support you in managing your diabetes. High or low blood glucose results often happen through no fault of your own but need to be appropriately managed.

#### Lumpy injection sites (lipohypertrophy)

You will need to change your injection site each time you inject, otherwise you will get lumpy injection sites. This means that the insulin will not be absorbed properly, and your blood glucose may rise and fall for no apparent reason.

#### Missing/forgetting Insulin

It is an easy mistake to miss or forget your insulin. If the long-acting insulin has been forgotten, it may be possible to give a half dose the next morning. Please discuss this with the diabetes team. Try doing mealtime



## Patient Information

boluses of fast-acting insulin before a meal to ensure it is not forgotten. If a main meal is not completed, ensure extra blood glucose tests are done. If a main meal is being missed, a correction dose of fast acting insulin may still be required.

### **Erratic blood glucose**

Other possible reasons for erratic blood glucose results may be:

- Too much or too little food eaten
- Eating sweets or extra foods
- Not eating a snack or reducing insulin dose before exercise
- Wrong dose of insulin
- Illness
- Emotional upset
- Weather
- Parents fear of severe hypos
- Going to parties, friends' houses
- Dislike of injections and blood glucose testing
- Starting nursery/primary school/secondary school

### **Problems concerning different age groups**

#### **Pre-school**

- Unable to explain how they are feeling
- Erratic eating patterns e.g. evening meal and supper snack close together due to early bedtime.
- Refusing or disliking food
- Temper tantrums
- Difficulty finding a babysitter/ childminder
- Anxiety from other family members e.g. grandparents
- Problems recognising hypo signs

## Patient Information

### 5-10 years

- Joining clubs e.g., cubs, brownies
- Sports e.g., Gymnastics, football
- School trips
- Promoting independence, but still needing supervision

### 11-18 years

- Exams and stress
- Not wanting to be different or being resentful about their diabetes
- Puberty, together with self image
- Tattoos, piercings, drugs, alcohol, and smoking
- Wanting to be independent and take more control
- Sex and pregnancy

Help and advice about all these problems can be given by the diabetes team, and if necessary, you may be offered the support from a child psychologist. Please make your paediatric diabetes specialist nurse aware if you need support on 024 7696 7230

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

The Trust operates a smoke free policy.

#### Document History

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