

## Paediatric Diabetes

# Paediatric diabetes - High HbA1c

**You have been given this leaflet as the paediatric diabetes team feel that you have a High HbA1c.**

In the blood stream, we have red blood cells that contain a molecule called haemoglobin. Glucose attaches to the haemoglobin to make a 'glycosylated haemoglobin' molecule, called haemoglobin A1C or HbA1c.

Red blood cells live in our body for 8 to 12 weeks before they are replaced. By measuring the HbA1c, it can tell you how high your blood glucose has been on average, over the last 8 to 12 weeks.

### What should your HbA1c be?

The NICE Guidelines (2015) advise a target HbA1c of 48mmol/mol as ideal. Your target HbA1c can be discussed with you in clinic. Keeping your HbA1c close to this target reduces the risk of getting diabetes complications.

### Complications

High HbA1c levels can negatively affect 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 can you improve your 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:



## Patient Information

- Discussing alternative treatment options.
- Setting personalised targets with you and your family.
- Offering regular contact by telephone, email, or face to face meetings.
- If your HbA1c is greater than 75mmols, you may be invited into Enhanced Care Pathway, where we will offer more support and tailored contact based on your individual needs.

Patients and their families are encouraged to contact the diabetes team at any times for support.

### **Contact numbers are:**

Diabetes office                      024 7696 7230

Nursing support is available between 9am to 5pm, Monday to Friday

If you need urgent advice, please contact the Hospital Switchboard on 024 7696 4000 and ask for Bleep 1429 – you will be put through to a children's doctor who will offer advice and support.

## **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.

### Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit:

[www.uhcw.nhs.uk/feedback](http://www.uhcw.nhs.uk/feedback)



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# Patient Information

Date	Wt/kg	Ht/cm	HbA1c mmol/mol	Insulin	Comment	Next appointment