



York and Scarborough  
Teaching Hospitals  
NHS Foundation Trust

# Diabetes Transition Clinic for Young People in York and Selby

Information for patients, relatives and carers

① For more information, please contact:

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<b>Contents</b>	<b>Page</b>
What is the diabetes transition clinic?.....	4
What do I need to do? .....	5
What happens in clinic?.....	5
What is retinal eye screening?.....	6
What happens at an annual review?.....	7
Selby Transition Team .....	8
York Transition Team .....	9
Transition Clinic – York .....	9
Young Adult Diabetes Clinic – York.....	9
Tell us what you think of this leaflet .....	10
Teaching, training and research.....	10
Patient Advice and Liaison Service (PALS).....	10
Leaflets in alternative languages or formats .....	12

# What is the diabetes transition clinic?

In the diabetes transition clinic we aim to help you to be more independent in managing your diabetes and to prepare you to move to the adult team. This means you should be able to:

- Understand what diabetes is and the implications of diabetes for daily life.
- Know what your HbA1c is and what it should be.
- Understand your insulin regime.
- Count carbohydrates and change insulin doses.
- Prevent and treat hypoglycaemia.
- Treat high glucose levels, and use sick day rules.
- Work your diabetes equipment such as blood glucose meters and insulin pumps.
- Understand the long term complications of diabetes.
- Talk to the diabetes team on your own.
- Know who your GP is and be able to order your prescription on your own.
- Know who or where to get help and support e.g. Diabetes Nurses, Psychologist, websites etc.

# What do I need to do?

To get the best from your appointment:

- Download your glucose meter/libre/pump before clinic appointment
- Bring your glucose meter(s) and/or your Freestyle Libre reader if it's a face to face appointment
- Ensure you know your doses & ratios
- Think about what you need from the appointment.

If you need any extra help from a particular member of the team just ask!

# What happens in clinic?

When you arrive at clinic a nurse will greet you and carry out the normal measurements that you are familiar with. This will include your height, weight and blood pressure. The clinic nurse will also want you to do a finger prick in order to check your HbA1c. The result will give you and us an overview of how your diabetes is currently controlled.

We will ask for your glucose meter, glucose sensor reader if applicable and/or insulin pump to download your results for review during your appointment.

Then you will have your appointment with the diabetes team. You can decide whether or not you want to bring your parent, carer or friend into the appointment with you.

# **What is each test for?**

## **Blood pressure**

Blood pressure is the pressure the blood puts against the blood vessel walls as the heart pumps. Pressure increases when the heart contracts and pushes blood into the vessels and lowers again when the heart relaxes.

## **Glooko/Libreview/Carelink/Clarity**

These are web-based management systems where you and we can store, print and review your glucose meter, CGM, Libre and/or insulin pump settings and readings.

## **HbA1c**

The HbA1c test is a blood test which measures the amount of blood glucose attached to your red blood cells. If it is raised it means you have too much glucose (sugar) in your blood. The test gives an overall picture of average blood sugars over a two to three month period.

# **What is retinal eye screening?**

This is a photograph taken of the back of each eye. We use this to detect changes that could be signs of a condition called diabetic retinopathy. This is a check that you should have once a year.

# What happens at an annual review?

At your annual review we will give you forms to get a blood test done. This blood test needs to be taken from a vein and you can have this done in the hospital in the phlebotomy department or through your GP. You also need to give a urine sample for your annual review tests and we will give you a bottle for the sample and a form for it to be done just before or after your clinic appointment. We need to examine your feet and will discuss retinal eye screening to remind you to have this done yearly.

- The blood test provides information on other auto immune conditions associated with diabetes. It can tell us if any further tests are required.
- The urine test tells us how healthy your kidneys are and if there is a need to do any further testing.
- We will ask you about your foot care, eye screening and smoking, alcohol intake and give you advice on health for conception and pregnancy.
- Your injection sites may be checked and we will ask how you are coping with having diabetes; this may involve completing a questionnaire about your emotional wellbeing.
- When you transition to adult services your annual review will be done at your GP's surgery.

## **Selby Transition Team**

Dr Liz Baker, Consultant Paediatrician

Dr Kyaw Linn, Consultant Diabetologist

Jo Ellis, Paediatric Diabetes Nurse

Vik Clancey, Adult Diabetes Nurse

Sarah Jayes, Paediatric Dietitian

Emma Peakman, Clinical Psychologist Paediatric

Selby War Memorial Hospital 01904 724300

Diabetes Centre – York Hospital: 01904 726510

## **Dr Baker's Selby Diabetes Clinic**

Held at Selby War Memorial Hospital on a Thursday, once a month.

Clinic runs from 10am - 5pm, 30 minute appointment slot with diabetes team members.

## **Young Adult Nurse Clinic – Selby**

Held at Selby War Memorial Hospital on a Tuesday or Thursday afternoon, every three months.

Clinic runs from 1pm-5pm, 30 minute appointment slot with members of the adult diabetes team.



## **York Transition Team**

Dr Wendy Watts, Children and Young People Consultant

Dr Kyaw Linn, Adult Diabetes Consultant

Jo Ellis, Paediatric Diabetes Nurse

Ella Watola, Paediatric Diabetes Nurse

Vic Clancey, Young People and Adults Diabetes Nurse

Sarah Jayes, Paediatric Dietitian

Emma Peakman, Paediatric Clinical Psychologist

Diabetes Centre: 01904 726510

## **Transition Clinic – York**

Held at the Diabetes Centre usually on the second and fourth Wednesday of the month. Clinic runs from 4pm - 6pm, 30 minute appointment slots with members of the paediatric and adult teams

## **Young Adult Diabetes Clinic – York**

When you reach age 18 your care will be transferred to the Young Adult Diabetes clinic. These clinics are usually held on Tuesday afternoons and you will have met the team before you move up to this clinic.

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact one of the Specialist Diabetes Nurses (contact information is on the front cover).

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [yhs-tr.patientexperienceteam@nhs.net](mailto:yhs-tr.patientexperienceteam@nhs.net).

An answer phone is available out of hours.



# Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:

[www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/](http://www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/)

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