



York and Scarborough  
Teaching Hospitals  
NHS Foundation Trust

# Diabetes Annual Review

Child or Young person

Information for patients, relatives and carers

① For more information, please contact:

The children's diabetes nursing team – 01904 721317

Email - [yhs-tr.childrensdiabetesyork@nhs.net](mailto:yhs-tr.childrensdiabetesyork@nhs.net)



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## **What is the annual review?**

Every child and young person with diabetes is required to have an annual review. The annual review provides an opportunity to take a look at all aspects of your diabetes, what is going well, what may not be going so well and to check for any early signs of other health concerns which may be related to it. If problems are picked up at an early stage, they can be addressed before they go on to become more serious. This leaflet will explain what to expect.

Please note that in some clinics most or all of the elements of the annual review will be carried out in one appointment, while in other clinics it may be that some of the elements are completed at more than one appointment. It is also important to note that any of the checks can be discussed with the diabetes team at any time and not just at the annual review.

# **The National Paediatric Diabetes Audit (NPDA)**

The diabetes team submits data from annual reviews to the National Paediatric Diabetes Audit (NPDA). The NPDA is performed annually in England and Wales. The sole aim is to provide information that leads to an improved quality of care for children and young people affected by diabetes.

## **Height, weight and blood pressure**

Height and weight is measured as part of the general health check. Over the age of 12, blood pressure will also be taken.

## **Urine tests (over age of 12)**

Kidneys work to keep the blood clean. Early damage to the kidneys can cause too much protein to leak into your urine. A urine sample can tell us if your kidneys are working well.

## Blood tests

Over the age of 12 a blood test is normally taken once a year, this may be less often in younger children. The tests can be carried out at the phlebotomy department in the main entrance of the hospital, the blood taking service at York stadium or arranged at your general practice (GP). When younger children need a blood test the use of numbing cream can be used and we can involve the children's play team where needed. The blood test helps in the early detection of complications associated with diabetes. Tests for this include the following:

**Thyroid function:** Children with type 1 diabetes are more at risk of developing other autoimmune conditions such as hypothyroidism. Thyroid hormones are responsible for influencing metabolism, growth and development, and body temperature.

**Coeliac disease:** Children with type 1 diabetes are more at risk of developing other autoimmune conditions such as coeliac disease. Coeliac disease is a serious illness where the body's immune system attacks its own tissues when you eat gluten. This causes damage to the lining of the gut and means the body can't properly absorb nutrients from food. If coeliac disease is detected, your child will be advised on a gluten free diet.

**Cholesterol:** is a type of fat that our bodies need to work properly. We all have cholesterol in our blood.

There are two kinds of cholesterol. “Bad cholesterol” is dangerous for the body. Doctors call this LDL cholesterol. It gets stuck in the walls of the blood vessels which are the pipes carrying blood around the body. LDL can block the blood vessels. This is called atherosclerosis. If a pipe blocks then blood cannot get through and it can cause a heart attack or a stroke.

**Target LDL:** Less than 3.5

Good cholesterol helps protect you. Doctors call this HDL cholesterol. Good cholesterol stops blood vessels from blocking. Some people say it acts like a cleaner to keep the pipes clear. **Target HDL:** More than 1.2

## **Foot health**

During the annual review appointment your feet will be examined by either the doctor or nurse. This is to check that the feet are healthy, that the toenails or verrucae (warts) are not causing any problems, and to discuss good foot care. The sensation will also be checked, as high blood glucose levels over many years can damage the nerves (neuropathy).

## **Knowledge**

We will check your understanding of ketone testing and sick day rules. We will also have a discussion to review knowledge of situations that would lead to ketone testing and safe care when glucose levels are high due to sickness.

## **Dietetic review**

You will have an invite from the dietitian every year. This can be helpful to review any aspects of diet and can also cover exercise management. This discussion could happen at the annual review or at a separate appointment.



## **Emotional wellbeing**

You will be given the chance to complete a well-being questionnaire. This may be sent to you to fill in at home prior to the annual review or you may be given one on arrival to your appointment. This helps us to understand if you are finding any aspects of life with diabetes particularly difficult, such as fear of hypoglycaemia or just feeling really fed-up with it all. It also helps us to find the most appropriate ways to help support you.

It may be helpful for you to talk to one of our psychologists. The psychologists are important members of the team. They are not generally able to come to clinics, but are available to offer support with the emotional aspects of diabetes.

If you would like to talk to them, please ask either your nurse or any member of the team to make a referral for you. Remember you can ask to be referred to the psychologist at any time, not just at this appointment.

# Eye checks

The annual screening for eye complications that can occur with diabetes is carried out from the age of 12 years.

High blood glucose levels and high blood pressure may damage the back of your eyes called the retina. Early damage can only be found by having a retinopathy/diabetes eye test. It is important to find early damage so that we can help protect the eyes from problems such as blindness.

The Diabetic Eye Screening Service will send an appointment for you. The screening normally involves eye drops which enlarge the pupil and therefore enables the practitioner to view the pad of blood cells at the back of the eye.

## Other

- ✓ Injection site inspection
- ✓ Glucagon use reminder
- ✓ Discuss flu vaccine

At any time during your annual review you will have the opportunity to discuss any other queries or concerns you may have.

## **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:

Children's diabetes nursing team, The York Hospital,  
Wigginton Road, York, YO31 8HE or telephone 01904  
721317.

## **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 [pals@york.nhs.uk](mailto:pals@york.nhs.uk).

An answer phone is available out of hours.

# Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

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Telephone: 01904 725566

Email: [access@york.nhs.uk](mailto:access@york.nhs.uk)

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