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“Moving on”

***Information for
young people***

**Young Persons’ Diabetic Clinic
Dr Gray’s Hospital, Elgin**

You will soon move from the Paediatric Clinic to the Young Persons' Clinic. Going to a new clinic and meeting new people can be a challenging time.

We have written this leaflet to help explain about your "transition" from the Paediatric Clinic to the Young Persons' clinic. We hope you find it useful.

What happens during my transition?

When you're around 15 to 16 years old, the diabetes team at the Paediatric Clinic will speak to you about moving on. The diabetes nurses will have a chat with you about your diabetes care. You will have the chance to ask any questions about your diabetes.

You will then get an appointment with your current diabetes nurse and the Adult Diabetes Nurse who will be co-ordinating your transition. Again, you will have the chance to ask about your diabetes and the Young Persons' Clinic.

We'll ask you to complete a document called "All about me" that will help us to get to know you better. You can bring this to your first transition review when you meet your new adult consultant along with your paediatric consultant. The Paediatric and Young Persons' Diabetic nurses may also be at this clinic.

The whole transition process takes around 6 months.

Why do I need these appointments?

You will know the diabetes team at the Paediatric Clinic well. The special transition appointments are a chance for you to start meeting members of the Young Persons' Diabetes Team before you move clinics.

These appointments give both you and the diabetes teams a chance to gather information about your care.

This is also a chance to have a chat about how much you know about your diabetes and to address any questions you might have before you move on.

Where is the Young Persons' Clinic?

The clinic is in the outpatient department of Dr Gray's Hospital, Elgin, on the fourth Monday of the month in the afternoon.

How long does my first appointment take?

Your first appointment will last approximately 1 hour. This will allow you to meet the consultant and dietitian.

We try to make your appointments as short as possible, while making sure that you have access to the best care for you.

How often do I need to attend?

Your appointments will be approximately every 6 months but can be more often if needed.

The Young Person's Diabetic Nurse will contact you between your consultations to offer any support.

If for any reason you can't attend or want to contact us, we can keep in touch in other ways such as texts, phone calls, emails and virtual clinics (these are through a secure NHS video call service).

You can also access the dietitian to discuss your diet, including carbohydrate counting, insulin ratios, and support in managing physical activity. We can arrange for a one to one appointment if required.

What happens at the clinic?

At your face to face appointments, we'll check your height, weight and urine.

We'll then ask you to take a seat in the waiting room until you are called to see the consultant.

Your eyes, feet and blood tests will also be checked once a year as part of your annual review and screening for complications. These checks are done at your GP surgery.

Why should I attend?

It is important to attend the clinic regularly. This allows you to discuss your diabetes care with us, and for us to support you, when appropriate.

Why might I want to meet a psychologist?

Living with diabetes can be difficult. At times, people can get overwhelmed by the demands of the condition and life in general. There are lots of ways that the psychologist could help if you wanted them to, for example

- Helping you to find ways of coping better with your diabetes.
- Helping you to feel less worried or stressed.
- Helping you develop ways of becoming more independent in your diabetes care.

These are only some of the things that psychology can help with. If you need more information, you can contact the psychology team (contact details at the back of this leaflet) or speak to the diabetic team.

Online support and tools

Once you've made the transition to the Young Persons clinic and are over the age of 16, we encourage you to have your own account for My Diabetes, My Way (an NHS website) and Glooko®.

My Diabetes, My Way

On the My Diabetes, My Way website there are leaflets, including sick day rules, videos, education tools and games with information about diabetes. You can also view your own up to date results to help you manage your diabetes.

Glooko®

Glooko® is software that allows you to create your own account and upload your blood glucose results on your home computer.

Please link your account to the hospital diabetes clinic, so if you contact us for advice, we can look over your glucose results to provide the best possible advice.

To set up your account:

1. Please go to **join.glooko.com**
2. Enter the clinic Pro Connect code **ukwoolhos** when prompted
(please note the clinic name is given as Aberdeen Royal Infirmary Adults)

FreeStyle Libre

If you use a FreeStyle Libre device, we recommend you create your own account. If you have already have access we ask you share your information with the adult diabetic team, by linking your account.

To link your account:

1. Go to www.libreview.com and log in
2. Open the settings menu
3. Click account settings
4. Click “My practices” and enter **09646522, Grampian Adult Diabetes Service.**

The steps above allow the team to access your glucose data.

Pump therapy

If you use pump therapy, we recommend you set up your own username and password to access Glooko® or CareLink® (whichever system your pump is compatible with) and share this information with the diabetes/pump team. We can help if you have any difficulty doing this.

We recommend you no longer use your parent’s username and password as we contact you directly.

The diabetes nurse will contact you to provide ongoing support/annual reviews with your pump therapy.

Let us know what you think


Your views are important, so please let us know what you think about the clinic. Your feedback will help us to make your appointments as easy for you as possible.

Useful contacts after your transfer

If you need to change your appointment, call:

Dr Gray's Hospital

Appointment Line

 **(01343) 567882**

Helen Barnes

Young Person's Diabetes Nurse

 **07500 033 725**

Sharon Wright

Pump Diabetes Nurse/Support

 **07876 258 503**

Diabetes Secretarial team


 **(01343) 567536**

Moray Diabetic Specialist Nurses Office

Maryhill House.

317 High Street


Elgin

 **(01343) 567844**

 **gram.moraydsns@nhs.scot**


Jan Masson

Dietitian

 **(01343) 567350**

 **gram.moraydietitians@nhs.scot**

Clinical Psychologist

 **01224 558121 or 01224 558075**

 **gram.psychologydiabetes@nhs.scot**

If you need general advice on illness, missed insulin or have any other concerns about your diabetes, call:

Diabetes Centre Advice Line
David Anderson Building
Foresterhill, Aberdeen

 **01224 559977**

Available 9am to 1pm, Monday to Friday

Outwith these hours, there is an answering machine, and your call will be returned as soon as possible.

If your call is urgent, contact your GP. If it is out of hours, you should contact:

NHS 24

 **111**

Additional resources

 **www.nhsgrampiandiabetes.scot.nhs.uk**

Website for information and links for services and resources in region. There is a specific section for young people and diabetes.

**This leaflet is also available in large print.
Other formats and languages can be
supplied on request. Please call Quality
Development on 01224 554149 for a copy.
Ask for leaflet 1187.**

Feedback from the public helped us to develop this leaflet.
If you have any comments on how we can improve it,
please call 01224 554149 to let us know.