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# ***“Moving on”***

***Information for  
young people with diabetes***

**Diabetes Centre  
David Anderson Building  
Foresterhill**

## ***What is this leaflet for?***

You'll soon be moving from the Children's Hospital to the Young Person's clinic. Going to a new clinic and meeting new people can often feel difficult. We've written this leaflet to help explain about the transition process from the Children's Hospital to the Young Person's Clinic. We hope you find it useful.

We aim to transfer your care to the Young Person's clinic soon after you're 16. As you're getting older your needs may change. Once you're 16, if you need to be admitted to hospital for any reason, you'll go to Aberdeen Royal Infirmary. Diabetes support here will be provided by the adult team rather than the RACH team.

## ***What happens during my transition?***

When the time comes to move to the Young Person's Clinic, the diabetes team at the Children's Hospital will speak to you about moving on. You can discuss all aspects of your diabetes care and ask any questions you may have. Let us know what's important to you and anything you need extra support with. We'll share this information with the Young Person's team so they can continue to support you.

You'll have special transition appointments so you can start meeting members of the Young Person's Diabetes Team before you move clinics.

The first person you'll meet is the Young Person's diabetes nurse who will meet you along with your current diabetes nurse.

You'll be invited to a group meeting at the Diabetes Centre where the Young Person's clinic is held. You can have a look around and ask any questions. We'll give you a worksheet to complete called "All About Me" which will help us to get to know you better.

Your **last** appointment at the Children's Hospital will be with one of the consultants from the Children's Hospital and the Young Person's diabetes nurse.

Your **first** appointment at the Young Person's clinic will be with one of the consultants from the Young Person's team and the Young Person's diabetes nurse.

### ***Why might I want to meet the psychologist?***

We have a psychologist in our team who can meet with people as they move to the Young Person's clinic. You may or may not want to meet with the psychologist.

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 (including all the things you need to do to look after yourself)
- helping you to feel less worried or stressed
- helping you develop ways of becoming more independent in your diabetes care
- helping your family offer the right amount of support.

These are only some of the things that psychology can help with. If you'd like more information or would like to make an appointment with them, you can contact the psychology team (contact details are at the back of this leaflet).

### ***Where is the Young Person's Clinic?***

The clinic is held at David Anderson Building, Foresterhill on the last Tuesday of the month and on some Fridays, in the morning. However your first appointment may be on a different day.

There is also a clinic held in Fraserburgh which may be nearer you; the children's diabetes team will discuss this with you.

## ***How long does my first appointment take?***

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

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

## ***How often do I need to attend?***

Your appointments will be every 3 to 6 months with the doctor, with input from the specialist nurse and dietitian as required.

If for any reason you can't attend, we can keep in touch in other ways such as texts, phone calls, emails and virtual clinics (through Attend Anywhere, a secure NHS video call service).

## ***Who will I see at the clinic?***

Several doctors attend the Young Person's clinic, so you may not see the same one each time. If you would like to see the same doctor, ask when you check in at reception.

The Young Person's Diabetes Nurse will be at the clinic. If you would like to see them, ask the doctor to let them know. The doctor may also suggest that you see the diabetes nurse if there is something they feel that the nurse can help you with (such as travel advice).

There is also a dietitian available if you would like to discuss any aspects of carbohydrate counting or insulin ratios. The dietitian is also available to support you in the management of physical activity. You can book a one to one appointment if required.

### ***Do I need my parent(s)/guardian with me?***

**It is your choice** whether you see the doctor on your own or with your parent(s)/guardian. Some people find it helpful to have their parent(s)/guardian with them until they get used to the new clinic. It might be good to have a chat with your parent(s) / guardian about this before you attend.

If you would like some support at the clinic but don't want your parent(s) / guardian there, it's okay to bring a friend.

### ***What happens at the clinic?***

You'll get your height, weight, blood glucose, HbA1c and urine checked at each visit. **It's important to bring a urine sample taken first thing in the morning** so we can screen your urine for small amounts of protein.

The nurse will give you a form called "Check Me". This form helps you decide which topics you'd like to discuss during your consultation.

You'll then take a seat in the Young Person's waiting room until you're called to see the doctor. In the waiting room you can listen to music, read magazines or have a cup of tea or coffee.

It's important that you still go to your eye screening appointments and have your feet checked regularly (either by your GP practice or at the clinic).

We'll also offer you annual blood tests at the clinic to monitor your kidney function, cholesterol level and thyroid function.

### ***Why should I attend?***

It's important to come to the clinic regularly. This allows us to support you in managing your diabetes. It's also a good chance to meet other young people with diabetes and to find out about things which are new in diabetes care. This can be very useful when your lifestyle changes (such as going to university or getting a job).

### ***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](http://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](http://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®, CareLink® or Roche (whichever system your pump is compatible with) and share this information with the 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'll be contacting you directly.

Once your transition to the Young Person's service is complete, we'll give you an appointment to meet the pump team.

## ***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:


**Diabetes Clinic Appointment line**

**David Anderson Building**

** 01224 555700**


**Diabetes Clinic Appointment line**

**Fraserburgh**

** (01346) 585101**

If your call is urgent or you are unwell contact your GP or:

**NHS 24**

** 111**


**Dietitians**

**David Anderson Building**

** 01224 558035**

** [gram.acutedmdietitians@nhs.scot](mailto:gram.acutedmdietitians@nhs.scot)**

**Fraserburgh**

** (01346) 585257**

## Young Persons' Diabetes Nurse

☎ 01224 558175

☎ 07500 033 829

✉ [gram.ypdsn@nhs.scot](mailto:gram.ypdsn@nhs.scot)

## Pump Team

☎ 01224 558016☎

✉ [gram.insulinpumpservice@nhs.scot](mailto:gram.insulinpumpservice@nhs.scot)

## Clinical Psychologist

☎ 01224 550139

✉ [gram.paediatric-psychology@nhs.scot](mailto:gram.paediatric-psychology@nhs.scot)

## NHS Grampian diabetes website



Scan this code to go to the NHS  
Grampian diabetes website

[www.nhsgrampiandiabetes.scot.nhs.uk](http://www.nhsgrampiandiabetes.scot.nhs.uk)

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Other formats and languages can be  
supplied on request. Please call Quality  
Development on 01224 554149 for a copy.  
Ask for leaflet 1047.**

Feedback from the public helped us to develop this leaflet.  
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please call 01224 554149 to let us know.