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Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

**Ashford Hospital**  
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Ashford, Middlesex  
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Tel: **01784 884488**

**St. Peter's Hospital**  
Guildford Road  
Chertsey, Surrey  
KT16 0PZ.  
Tel: **01932 872000**

Website: [www.ashfordstpeters.nhs.uk](http://www.ashfordstpeters.nhs.uk)

# Annual Review Screening Test

## Paediatric Diabetes



# Diabetes Annual Review Screening Tests

Please have any tests done at least 2 weeks before your child's next appointment as this allows enough time for the results to be available. Your child's diabetes consultant will give you the forms for blood and urine tests at their clinic appointment immediately before their annual review is due.

## Blood Tests

A blood test is normally taken once a year as a general health screen as well as for the detection of any 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. The thyroid is a gland that sits low on the front of the neck. Thyroid hormones are responsible for influencing metabolism, growth and development, and body temperature. Therefore hypothyroidism may lead to symptoms such as lethargy, feeling weak, feeling cold and problems concentrating. This can be resolved by replacing the hormone with an oral supplement.

**Coeliac disease** - Children with type 1 diabetes are more at risk of developing other autoimmune conditions such as coeliac disease. This is where the body becomes intolerant to gluten. When gluten is ingested this can cause stomach pain, diarrhoea, nausea resulting in unstable blood glucose levels. If coeliac

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## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

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Please feel free to call the Paediatric Diabetes Nurse Specialists if you have any concerns or questions about your child's annual review.

Office number: **01932 723314 or 01932 726690**

Email: [asp-tr.generalpaeddiabetes@nhs.net](mailto:asp-tr.generalpaeddiabetes@nhs.net)

## References:

Hanas, R. (2004) *Type 1 Diabetes in children, adolescents and young adults*. Class Health Publishing, London.

National Institute of Clinical Excellence (2004) *Diagnosis and management of type 1 diabetes in children, young people and adults*. NICE, London.

Donaghue KC, Chiarelli F, Trotta D, Allgrove J, Dahl-Jorgensen K.

(2009) *Microvascular and macrovascular complications associated with diabetes in children and adolescents*. *Pediatric diabetes* 10(12) pp. 195-203

disease is detected then your child will be advised on a gluten free diet which will resolve all symptoms.

**Kidney Function** – Children with type 1 diabetes are more at risk of developing problems with their kidneys due to high blood glucose levels (risks are considerably lower if HbA1c is less than 58mmol/mol). Initial problems can be detected early on with annual blood and urine tests and can most likely be reversed with better control.

## Where to get blood tests:

### St Peter's Hospital

The main phlebotomy department does not see children under the age of 16 years. Bloods are taken on Oak Ward on Tuesday mornings from 8am and Thursday mornings from 10am. Ring 01932 722016 for an appointment.

### Ashford Hospital

The main phlebotomy department will see children over the age of 10 years without an appointment. Please note that afternoons are always quieter than mornings.

For children under 10 years, blood tests are done in the Ashford Children's outpatients department on Wednesday morning & afternoon and on Friday mornings. Ring 01784 882545 for an appointment.

The above venues will offer local anaesthetic spray prior to the blood test.

## **GP Surgery**

Your doctor's surgery may be happy to take the blood test if your child is old enough. It's best to ring first. If your child is particularly worried about a blood test, please contact the play specialists on 01932 723823 for further advice.

## **Urine Tests**

The urine test measures the amount of protein that is lost from the kidneys as an assessment of its function. The sample must be taken from the **first urination** of the day. Occasionally it is necessary to ask for a 24 hour urine collection for an additional measurement of kidney function. The urine sample along with the form can be dropped off on the same day wherever your child's blood test is completed.

## **Eye checks**

The annual screening for eye complications that can occur with diabetes is not normally necessary before the age of 12 years. After this time your GP should refer your child to the Surrey retinopathy screening programme and the appointment will be sent to you in the post. This 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. In some cases local opticians also have the facilities to carry out this particular eye test. Please ask your optician to forward a report to the hospital so that the results can be recorded in your child's medical notes.

## **Blood pressure**

Your child's blood pressure will be taken during their annual review clinic when they have their height and weight measured as part of their general health check.

## **Podiatry**

At their annual review appointment your child will have a general examination of their feet. This check usually occurs once the children have reached 12 years of age. The chances of children developing complications with their feet are rare and rarer still if blood glucose control is good. However this is part of their general health check and shows children how to look after their feet in later life.

## **Diabetes team**

Dr Shailini Bahl – Paediatric Diabetes Consultant

Dr Sonali D'Cruz - Paediatric Diabetes Consultant

Dr Ellie Day – Paediatric Diabetes Consultant

Dr Tessa Crombie – Clinical Psychologist specialising in diabetes

Maria Roberts – Associate Paediatric Diabetes Nurse

Sophie Clarke – Associate Paediatric Diabetes Nurse

Sarah Havard – Specialist Paediatric Dietitian

Emma Butler - Specialist Paediatric Dietitian