

Annual Review screening - Over 12 years of age

Paediatric Diabetes Department

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 including:

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.

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 order blood tests on our pathology system and will have sent or given you a form and pot for the urine test.

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 the food. If coeliac disease is detected, your child will be advised on a gluten free diet.

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 lower if glucose levels are kept within the target range 4-10mmol/L, 50-70% of the time). 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:

To book a blood test at Ashford hospital, please visit www.ashfordstpeters.nhs.uk/bloodtests



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.





Dietary Review

Healthy eating is important for maintaining good health. Therefore if you would like a dietary review, please ask the clinic nurse for a food diary which you can complete and return to the dietitian for assessment and advice. We also run specialist Diabetes Dietetic clinics.

If you would like to discuss any specific dietary issues with the Dietitian e.g. carb counting refresher, extended bolus options for pumps, diet and exercise advice, please let the dietitian know and we can arrange a separate appointment.

Mental Health and Wellbeing

Your family can access support from our Clinical Psychologist or Mental Health Nurse at any point whilst they are under the service. If you feel this would be beneficial, you can discuss it at your annual review appointment or contact one of the diabetes nurses at any time who can book an appointment for you. No referral is needed.

Any questions?

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

Office number: 01932 723314

Email: asp-tr.generalpaeddiabetes@nhs.net

Your Diabetes team

Dr Shailini Bahl – Paediatric Diabetes Consultant
Dr Ellie Day - Paediatric Diabetes Consultant
Dr Sonali D'Cruz - Paediatric Diabetes Consultant
Dr Evelina Paraskevopoulou – Paediatric Diabetes Consultant
Tessa Crombie – Clinical Psychologist specialising in Diabetes
Taka Ziwenga – Psychiatric Liaison Nurse
Sophie Clarke – Associate Paediatric Diabetes Nurse Specialist
Maria Roberts – Associate Paediatric Diabetes Nurse Specialist
Annmarie Peasey – Paediatric Diabetes Nurse
Sarah Pearson – Specialist Paediatric Dietitian
Cara Retief – Diabetes Dietitian – Transition



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. If you remain concerned, the team can also advise upon how to make a formal complaint.

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We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.



اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

আপনার অনুবাদের درکار ہلے اٹھانے یوگاযোগ করুন : 01932 723553

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤزر میں اس فون نمبر 01932 723553 پر رابطہ کریں

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

Se precisa de uma tradução por favor contacte: 01932 723553

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