

# Annual Review Screening - Under 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.**

**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](http://www.ashfordstpeters.nhs.uk/bloodtests)

### 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.

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

## 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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**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.**



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