

Introduction to the Diabetes Transition Service

What is the Diabetes Transition Service?

- Making the change from children's to adult services can be difficult and most people find it reassuring to see the same healthcare staff when they come to clinic.
- The Diabetes Transition Service supports children, young people and their families prepare for transfer from children's diabetes care to adult diabetes services.
- The Transition Clinic also allows you to move over to adult care at your own pace. Our Transition clinics are offered to patients close to their 17th birthday.
- The service aims to integrate children's and adult services and provide support for young people until the age of 19 years to empower them to manage their diabetes successfully.



Why is there a Diabetes Transition Service?

It is recognised that children and young people with diabetes often need extra help and support to help them cope with their diabetes, especially during this time.

The Diabetes Transition Service provides all aspects of specialist diabetes care and support for young people with either Type 1 or Type 2 Diabetes.

All the usual changes are taking place that go along with growing up - puberty, changing schools, exams, starting college or university as well as finding a job, starting relationships, moving away from home, learning to drive and becoming more independent from parents to name but a few! Having diabetes and transferring to adult diabetes services can make this a difficult and worrying time.

How are Transition clinics different?

A lot of young people are keen to talk to the staff on their own for at least some of their appointment time.

The Transition clinics offer the opportunity to discuss specific issues relevant to adolescence such as exams, stress, driving, tattoos, drugs, and alcohol with or without your parent/guardian present.

Who runs the Transition clinics?

Whilst you are in the Transition Clinic, you will still be under the care of the Paediatric Team and can still seek advice from the paediatric nurses and doctors.

Transition care is provided by some of the same doctors and nurses who have treated you whilst you were in the children's clinic alongside the adult diabetes team.

There is also a Specialist Transition Dietitian in clinic who you will meet during your time in the Young Person's Diabetes Transition Clinic. The Dietitian will offer you carbohydrate counting advice, book sessions with you to review your diet and can also offer advice regarding exercise management and treating Hypoglycaemia (low blood glucose levels). You can always request to see the Dietitian separately as well.

Meet the Team!

Dr Sonali D'Cruz

Diabetes Consultant Paediatrician

Dr Sarah Roberts

Consultant Diabetologist

Sophie Clarke

Paediatric Diabetes Specialist Nurse - Transition

Cara Retief

Diabetes Specialist Dietitian

Clinical Psychologist

vacant

Contact:

asp-tr.generalpaeddiabetes@nhs.net (Paediatric Diabetes Nursing Team)

asp-tr.dmdietitians@nhs.net (Specialist Young Adult Dietitian)

What happens in Transition clinics?

Please download your pump and meter prior to your appointment. Please ensure your Libre/Dexcom device is linked to our clinic account so that your doctor and nurse can view your download:

LibreView Clinic ID: 10916961

Glooko Clinic ID: 81-42557

Please let the Diabetes specialist nurse know prior to clinic if you are unable to download. Please bring your blood glucose meter to the clinic. This is really important as we will be able to review your recent blood glucose readings. Also bring along your home blood glucose monitoring diary (if you keep one). Before coming to your appointment, think about any questions you would like to ask.

The clinic process is similar to that in the children's clinic; you will have your blood pressure (BP), weight and height measured and finger prick HbA1c test taken.

You will be encouraged to attend clinic by yourself as part of preparing you for adult services. Your parent/guardian is always welcome to attend part of the consultation and to wait with you.

Please ask any member of staff if you do not understand anything that was discussed or the results of any tests. This is your appointment, so make the most of it.

You will have appointments every 10 – 12 weeks, but in between these appointments you may be seen by the diabetes specialist nurse or dietitian if necessary. You can also contact them by phone or email for any help and advice.

Useful Resources

<https://jdrf.org.uk/about-us/>

<https://www.diabetes.org.uk/>

<https://www.digibete.org/essentials/>

Psychological Support

As part of the transition clinic, you can meet with a member of our psychology team who work closely with the team to support young people with diabetes.

If you feel you are having difficulties with adjusting to having diabetes or struggling to manage your diabetes treatment, they can offer more space to help you think about this and different ways to manage. Many young people with diabetes may experience worries or anxiety which could be related to diabetes or may be more general.

There is a lot of change at this stage of life, and it is natural to find this stressful and to have concerns about how your diabetes may impact on the decisions you are making e.g., managing on your own when going to university. Likewise, young people may struggle with feelings of sadness or low mood in relation to their diabetes and the impact they feel it is having. The psychology team can offer sessions to help you explore these concerns in more detail and can provide short-term interventions to help with adjustment, anxiety, and low mood. They are also able to support with how to access local mental health services, should you need a higher level of support.

If you feel it would be helpful for you to meet with one of the psychology team, please discuss this at your next clinic appointment or contact one of the diabetes nurses by phone or email.

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 দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

ਜੇ ਤੁਹਾਨੂੰ ਭਰਮਾਂ 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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