

Transition from the Paediatric Diabetes Clinic to the Adolescent Diabetes Clinic

Young people with diabetes attend the adolescent diabetes clinics from age 14 years until just after their 18th birthday. Thereafter, care will be with the adult diabetes service.

Current Process – what to expect

- There is a planned transition to the adolescent diabetes service following the annual review clinic visit after the young person's 14th birthday. This is initially discussed at the paediatric clinic appointment before the 14th birthday annual review visit.
- An adolescent clinic information sheet is handed to the young person at the time of the last Royal Hospital for Sick Children (RHSC) clinic appointment.
- Some young people, under special circumstances, may transition 'later' to the adolescent clinic.
- The choice of which adolescent diabetes clinic to attend is generally geographical (see available clinics below).

Lothian Adolescent Diabetes clinics are held at the following hospitals

Hospital	Adult Consultants	Dietitians	Adult DSN	Day of clinic
Royal Infirmary of Edinburgh (RIE)	Dr Jaap Dr Zammitt	Debbie Anderson	Vida Heaney	Fri 13:30 - 16:40
St John's Hospital (SJH)	Dr Walker Dr Adamson	Mary Deane / Emma Shaw	Eilidh Vass	Mon 13:30 - 16:30
Western General Hospital (WGH)	Professor McKnight		Jacqui Charlton	Fri 13:30 - 16:40
Roodlands Hospital	Dr Patrick	Debbie Currie	Margaret Boyd	Thurs 13:30 - 16:40

Which members of the diabetes team are present at the adolescent clinic?

- Clinic nurses from the adult diabetes service.
- The diabetes nurse specialist (DNS) will be one of the team from the RHSC and/or an adult DNS.
- One or two 'adult-service' diabetes consultant(s) and a specialist registrar in diabetes.
- Two senior doctors from the RHSC diabetes team.
- A dietitian from either the paediatric or adult diabetes service.

How does the transition process take place?

- Expect an appointment to arrive from the adolescent clinic: the first appointment will be within three months of the RHSC annual review appointment.
- The RHSC diabetes team complete a standard 'transfer' letter and enclose a copy of the last clinic letter, so the doctors seeing you at clinic will be aware of any current issues.
- Growth charts and screening blood results are included in the transfer letter.
- Expect to be seen at the adolescent diabetes clinic approximately every 3-4 months.

How do I get ongoing support and diabetes advice?

For general advice:

Please contact the paediatric DNS (0131 536 0375) until seen in the adult clinic at 18 years of age.

For illness and/or emergencies:

- Continue to phone the RHSC diabetes emergency helpline (0131 536 0701/0704) until seen in the adult diabetes clinic.

If an emergency hospital admission is required, this will be to:

- **RHSC** until your 16th birthday.
- **RIE/WGH/SJH** from your 16th birthday.

The clinic process – does it differ to the paediatric clinic?

The diabetes team members have a pre and post clinic meeting, just as they have at the paediatric clinic, to ensure communication and planning.

- The clinic process is very similar to that at RHSC. Please always bring your blood glucose meter and blood glucose monitoring diary with you.
- All blood tests, including the HbA1c test, will usually be taken from a vein.
- There is always the opportunity for the young person to meet with any diabetes team member alone but parental support is actively encouraged.
- Expect to meet with the dietitian at the second adolescent diabetes clinic: separate times are allocated and chosen at the first clinic visit with the doctor.
- There is also the opportunity to discuss specific issues relevant to adolescence, e.g. exams, alcohol, smoking, driving, contraception.