

# My Diabetes Health Checks Leaflet

For more information about the checks completed in your Annual Review appointment, please use this QR code or go to the CTM Paediatric Diabetes Padlet page using the QR code at the bottom of this page to look at our *My Diabetes Health Checks* Leaflet:



## Useful Resources

[www.diabetes.org.uk](http://www.diabetes.org.uk)

[www.digibete.org](http://www.digibete.org)

[www.breakthrough1d.org.uk](http://www.breakthrough1d.org.uk)

<https://padlet.com/ctmpaediatricdiabetes/information-for-children-young-people-and-families-cp58lii0nssdl27y>



Diabetic Eye Screening Wales (DESW) Contact Number:  
0300 003 0500

If you would like to discuss any thoughts, feelings or questions about your Annual Review, please contact your diabetes team, we would be happy to help.

Paediatric Diabetes Team, Cwm Taf Morgannwg, November 2024

## Quick Guide to

# Diabetes Annual Review



# What is Annual Review?

Every child and young person with diabetes should have an Annual Review with their Paediatric Diabetes Team once a year.



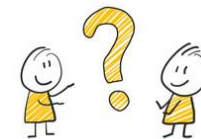
It is an opportunity for you to discuss areas of your diabetes management that you feel are going well, areas that you would like more support with and to check your overall health.

Your Annual Review appointment will usually be around your birthday or diagnosis of diabetes date.

The Annual Review clinic involves:

- 1. Meeting with your diabetes healthcare professionals and having a check up**
- 2. Completing a wellbeing questionnaire and being offered a review with the psychologist (if needed)**
- 3. Measuring your height, weight and blood pressure**
- 4. Having a blood sample taken using a needle**  
(This will help us to run a variety of blood tests that screen for common conditions associated with diabetes – for more information on the tests that are performed, please take a look at the resources on the back of this leaflet. If you are worried about having bloods taken please let us know so we can support you with this)
- 5. Urine test (if you are 12 years of age or older)**  
(This is to check your kidney health – for more information about this test, please take a look at the resources on the back of this leaflet)
- 6. Foot examination (if you are 12 years of age or older)**  
(This is to check your skin and toenails – it can be helpful to wear shoes that are easy to get on and off when coming to your appointment)
- 7. Discussion and reminder of sick day rules/management of high glucose levels and hypoglycaemia (hypo's)**
- 8. Some Screening Questions**  
(This will include checking your (and your parents/caregivers) smoking and immunisation status)
- 9. Dietetic review and offer of an additional appointment (if needed)**
- 10. Retinal Screening (if you are 12 years of age or older)**  
(You will have this eye screening performed by Diabetic Eye Screening Wales (DESW), but you will be asked if you've had it done and for your results at this appointment)

# Preparing for your appointment



Part of your annual review will be us checking in with you to see how you are finding managing diabetes at the moment.

We'd love to hear more about the things you are really proud of with your diabetes over the last year, as well as the things that may have been trickier.

We would like to think together with you about the year ahead and how best we can support you with your diabetes.



If you have a quiet moment before your annual review appointment, it may be useful for you and your parent/caregiver to think about the following things:



## **What are you most proud of about your diabetes management over the last year?**

(If you are struggling for ideas, we would recommend speaking with a member of the diabetes team – there will be lots of things we are proud of)



## **What have you found the hardest part about managing diabetes over the last year?**

(This could be a part of your diabetes care that you are finding difficult, fitting diabetes into your life or how you feel about living with diabetes?)



## **What would you like to be different next year?**

(Have you got any goals or changes you'd like to achieve with your diabetes management?)



## **What can the diabetes team support you with over the next year?**

(How can we help with your goals for next year?)