

Who are the professionals in your Paediatric Diabetes Team?



Paediatric Diabetes Consultant/Speciality Doctor

The consultant or doctor will typically be leading your diabetes care and will see you in your diabetes clinic appointments, approximately every 3 months. They can:

- ✓ Review your insulin/treatment plan
- ✓ Suggest changes to help with your diabetes management
- ✓ Check any of your test results and change your prescriptions



Paediatric Diabetes Specialist Nurse (PDSN)

Your PDSN can support you and your family with your diabetes management in lots of different ways:

- ✓ Providing education to you, your family and school/college
- ✓ Helping with diabetes technology
- ✓ Answering your queries over the telephone or in additional appointments



Paediatric Diabetes Specialist Dietitian

Your diabetes dietitian can teach you all about food, healthy eating and carbohydrate counting. They can:

- ✓ Provide education to you, your family and your school/college
- ✓ Support you if you are finding managing your diabetes and food difficult
- ✓ Give advice to manage activity and exercise with your diabetes



Paediatric Diabetes Clinical Psychologist

Your diabetes psychologist can help you and your family when you are feeling different emotions around your diabetes management. They can:

- ✓ Chat through these emotions with you
- ✓ Support you in managing your wellbeing with diabetes

For more information, speak with your diabetes team or use this QR Code/Link to access useful websites and resources

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



Quick Guide to What to Expect in Diabetes MDT Clinic



PAEDIATRIC DIABETES SERVICE

CWM TAF MORGANNWG UNIVERSITY HEALTHBOARD

What is Diabetes MDT Clinic?

Each year, every child and young person with diabetes should be offered at least 4 appointments (approximately 3 months apart) with their diabetes team. These are called Multi-Disciplinary Team (MDT) Clinics, as you are likely to see more than one healthcare professional from your diabetes team.

Appointments are usually scheduled to be **30 minutes** each. Letters will be sent to your home in the post for these appointments.

Attending your diabetes clinic appointments is important, to make sure that you are able to get the support you would like or need to manage your diabetes from the different professionals within your diabetes team.

Where will your appointments be?

Your appointments with the diabetes team will typically be held in the Children's Outpatient Department in your local hospital, which is sometimes known as Children's Clinic or Children's Center. This is a separate area to the Children's Ward, where you might have been before as an inpatient.

What to bring to your diabetes appointments?

- Your blood glucose meter (and blood glucose diary if you have one)
- Your pump controller/PDM device (Omnipod users)
- Your mobile phone (Mylife app/Sensor users)
- Hypo treatments – just in case
- Something to do while you wait

Whenever possible, please ensure your blood glucose meter, insulin pump or Mylife report has been downloaded/sent (via Glooko, Carelink or email) before coming to your appointment.

Please speak with the diabetes team if you are having issues with this.

Why do we look at the information from your blood glucose meter, Mylife app or insulin pump?

This information may help you and the diabetes team identify any areas that are going well and the parts of diabetes management that you may be finding more difficult.

What will happen when you come to clinic?

When you arrive at the Children's Outpatient Department, you will need to book in at reception.

Once booked in, an outpatient nurse or healthcare support worker will:

😊 Check your height and weight. This is to check that you are growing well and as expected for your age. You may also have your blood pressure taken.

😊 Check your HbA1c with a fingerprick blood test. You can use your own lancing device for this if you prefer. Your HbA1c result may be discussed in your appointment with the diabetes team.

What is HbA1c?

HbA1c is a blood test that measures how much glucose has stuck to the haemoglobin in your blood and provides an average of the blood glucose over the last 3 months. The target HbA1c that we work towards with children and young people is **48mmol/mol**.

Who will be in clinic?

When you come into your appointment, you will typically be seen by more than one professional in your diabetes team (more information on back of leaflet).

Occasionally, there may also be student nurses, dietitians and medics present for their own learning.



This may mean there are a few professionals in the clinic room with you, so please make us aware if you feel this will be too overwhelming and we can make arrangements to reduce the number of people present

The diabetes team will help and support you with the self-management of your diabetes.

By working together, we can support you to reach your goals with your diabetes management and health. Remember, you are the most important part of that team!

Once a year, you will have some additional health checks performed as part of your Annual Review. Please ask your diabetes team for more information about this.