

Transition process

Moving from the children's to the adult diabetes service

Patient information

If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتيسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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As you have now reached adolescence it is time to consider how your diabetes care will change when you move from childrens' to adult services. This period of transition can lead to anticipation and concern for both you and your parents. This information leaflet should alleviate some of the anxieties you may have, and give you a better understanding of what changes to expect.

Notes

Being prepared for transition

The transition process in diabetes is important. The move from paediatric to adult services can be via a smooth process that helps you feel empowered to self-manage your diabetes for the rest of your life. By the time you reach adult services you should have received ongoing education to ensure that you are ready to face adult challenges. If you think any additional support or education would be of benefit to you, contact your Paediatric Diabetes Specialist Nurse or the Transition Nurse.

When does transition take place?

The discussion about transition can occur at anytime from the age of 12+ years or when you feel you are ready. This will be discussed with your diabetes specialist nurse in relation to specific education and management of your diabetes in preparation for adulthood. The nurse will also come to some of the education sessions. You may also be encouraged to attend the Young Adult Diabetes Clinics on your own, first, before asking your parent/s to join you.

Team contact details

Transition Specialist Nurse:
07796 306 357.

Transition Team Admin:
01695 656 043.

Paediatric Diabetes Specialist Nurses:
01695 656 766.

At 16+ years you will start the transition and transfer process. The transfer of your care to the adult diabetes service should be completed by the time you reach 17-18 years old.

Why do we have a transition process?

The transition period is aimed at ensuring that you receive the required knowledge and skills, in a planned and supported environment, to empower you to self-manage your diabetes. This increase in independence and responsibility should enable a smoother transition from childrens' to adult services at a time when young people often find themselves having to deal with other life changing aspects of their lives.

Transition service

Southport and Ormskirk hospitals were one of 15 Trusts in the country that were picked to take part in a pilot project for transition care. Due to this we are now able to offer a robust transition service.

The members of the transition service include:

- Adult Diabetologist.
- Transition Diabetes Specialist Nurse.
- Transition Diabetes Specialist Dietitian.
- Consultant Clinical Health Psychologist.
- Trainee Health Psychologist.
- Transition Team Admin.

The team will be there to support you from when you transition right up until you are 25 years old.

Who is involved in transition clinics?

The transition clinic process consists of two specific clinic appointments which will be offered to you and led by the diabetes team members from both the paediatric and adult services. This provides an opportunity for you to meet the adult diabetes team at an early stage.

This will include:

- Lead Consultant for the Paediatric Diabetes Services.
- Consultant for the Paediatric Diabetes Services.
- Lead Consultant for the Adult Diabetes Services.
- Paediatric Diabetes Specialist Nurses.
- Transition Diabetes Specialist Nurse and Transition Dietitian.

If you felt that you needed further support from Psychology, the Consultant Clinical Health Psychologist or the Trainee Health Psychologist would be able to see you at a separate appointment.

The first transition clinic will be held at the Children's Outpatient Department at Ormskirk Hospital. The second one will be at the main Outpatient Department at Southport Hospital. The Transition Team admin will send you a reminder before your clinic appointment. If you are unable to attend, please let them know and they will be able to rearrange it for you.

As part of your transition preparation we will ask you to fill out a couple of questionnaires. These are to help us evaluate your experience of the transition process and identify any areas that we are doing well with or need to make any improvements.

Hospital admissions

When you turn 16 years of age, you will need to attend Southport A&E for any non-diabetes related urgent problems. The Children's A&E and Children's Ward at Ormskirk will continue to provide medical inpatient care for diabetes related problems until your 18th birthday or until you have had your first joint transition appointment.

If attendance at hospital is required, following advice from your Paediatric Diabetes Specialist Nurse, you should attend the A&E Department at Ormskirk Hospital if you are still under the care of the Paediatric Diabetes Team.

If you are admitted to Southport Hospital, the Transition Diabetes Specialist nurse or one of the adult nurses will come and review you on the wards.

Downloading prior to clinic appointments

Just like the Paediatric team the adult team use download platforms in order to access your data. We ask that prior to your clinics you download your data. Here are the practice codes for you to connect with the team:

Glooko: ensouthormskirk.

Libreview: Southport01.

Dexcom Clarity: Southport01.

You will need to log into your Glooko, Libreview and/or Dexcom Clarity account and change your sharing code, so that you now share your data with the adult team. Please ask if you are unsure how to do this.