

## *Transfer to Adult services*

Transfer to the adult clinic is an important time and the Paediatric team works closely with the Adult Diabetes Team. Generally young people with diabetes will be under the care of TPDS until leaving school –up to age 18 years. The decision as to when and where to transfer will be made individually, depending on a number of factors.

### **DiabNet:**

*DiabNet is a Managed Clinical network for the care of children and young people with diabetes across Tayside, Fife and Forth Valley.*

*The Paediatric Diabetes Specialist Nurses from all the centres operate an out-of-hours emergency helpline giving specialist advice.*

**DiabNet Helpline – 08452 700070**

*This line operates between:*

*07 00- 09 00 weekdays*

*18 00-23 00 weekdays*

*07 00- 23 00 weekends and most holidays*

## TEAM MEMBERS

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### **Medical Staff:**

Dr Vicky Alexander– Consultant Paediatrician

Dr Steve Greene– Consultant Paediatrician

Contact: 01382 660111 extn 32991

### **Paediatric Diabetes Specialist Nurses:**

Sue Bluff

Leslie Mackenzie

Valerie Ramsay

Christine Sturrock

Contact: 01382 632981 or 632725

### **Paediatric Dietitian:**

Heather Donald

Contact: 01382 632921  
heatherdonald@nhs.net

### **Clinical Psychologist:**

Dr Shona Murphy

### **Tayside Paediatric Diabetes Education Fund**

**This is an endowment fund used to support activities such as the children's camp and educational meetings. If you wish to make a donation to this fund please let one of the TPDS team know.**



**TAYSIDE PAEDIATRIC  
DIABETES SERVICE**

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The Tayside Paediatric Diabetes Service (TPDS) is responsible for the care of children and young people with diabetes (up to age 18 years) across Tayside and North-East Fife.

## CLINICAL SERVICE

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TPDS is committed to providing a high quality and individualised service to children and young people with diabetes and their families. This includes:

- Home based education package for the child and family at the time of diagnosis
- Regular clinical review following the SIGN55\* guidelines
- Education and support in the use of intensive insulin therapy, including insulin pumps and glucose monitoring
- Rapid access to specialist advice including out-of-hours using the DiabNet helpline
- Group education sessions
- In-patient Paediatric services when required, located at Tayside Children's Hospital, Hospital, Dundee
- Annual Camps for children and young people with diabetes
- Support and advice in managing the impact of diabetes on day-to-day living and family functioning

\* (SIGN 55 is the national recognised guideline on Type 1 diabetes in children for the Scottish Executive – <http://www.sign.ac.uk/guidelines/fulltext/55/index.html>.)

## CLINICS

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Ninewells – Monday afternoon weekly

3<sup>rd</sup> Monday –dedicated clinic for 16-18yr olds

Tuesday morning review

Arbroath – Thursday afternoon weeks 2 & 4

Montrose- Tuesday morning week 3

Perth-Wednesday afternoon weeks 1 & 3

St Andrew's-Wednesday afternoon weeks 2&4

Most children and young people are seen in the diabetes clinic every 3 to 4 months. However we realise that problems with diabetes management can often happen in between visits – please get in touch with the team by phone if this is the case.

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The TPDS team believe that education and support for the child (and the child's family) is essential. We have found that the best way to achieve this is by us working together as a team.

The child or young person with diabetes should expect to:

- Grow and develop normally
- attend school without specific problems related to diabetes
- take part in sports and hobbies of their choice
- have readily available help and advice from local experts

## BLOOD SUGAR CONTROL

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Long term health problems from diabetes are closely linked to blood sugar (glycaemic) control - HbA1c

*What is HbA1c ?*

This test reflects the average blood glucose levels during the last 2-3 months –

- the higher the HbA1c the higher the average blood glucose levels have been over this time.
- the higher the HbA1c over time the greater the risk of long-term health problems relating to diabetes.
- studies have shown that HbA1c levels regularly above 8% increase the risk of long term complications of diabetes.

**The national target for HbA1c is less than 7.5%**

We recognise that this is a very tough target to reach but there are important things that people can do themselves to try to achieve this. Such as.....

- Give insulin regularly as advised
- Monitor blood glucose levels frequently – at least 4 times per day
- Make healthy choices about eating
- Take regular exercise
- Don't smoke
- Ask for help when you are not sure

