Young Person’s Diabetes Team SJH

Welcome to the Young Person’s diabetes clinic at St John’s Hospital (SJH). This clinic is for people aged 14 to 18 years old. Along with clinics at the Western General, Royal Infirmary of Edinburgh and Roodlands, we form part of the Edinburgh Centre for Endocrinology and Diabetes (ECED). You can find out more about us on our ECED website <http://www.edinburghdiabetes.com/>

**Who makes up the team?**

The team is partly made up of staff from the Royal Hospital for Children and Young People (RHCYP), who already know your background, and staff from the adult diabetes team at SJH, who will continue your care after you are 18.

**Doctors from the** **RHCYP**: Harriet Miles, Rajeeb Rashid

**Doctors from SJH**: Rohana Wright, Liesbeth Van Look

**Diabetes nurse from the RHCYP**: Fiona McKenzie

**Diabetes nurse from SJH**: Eilidh Vass

**Dietician from RHCYP**: Caitriona Tulloch

**Psychologist**: Andy Gentil

**What can I expect from clinics at SJH?**

When you arrive, a clinic nurse will take a blood test and do your height, weight, urine test and download your meter. Please bring a urine sample and your meter with you to every appointment. You will need to wait at least 30 minutes until your HbA1c result is ready and the doctor will discuss this with you when you come into the clinic room.

While you wait for you results and appointment with the doctor, you may be asked to fill in a questionnaire in the waiting room. The questionnaire allows you to tell us what is important to you and what you would like to discuss in the consultation with the doctor. It means we can spend a little less time on the routine information that we need to collect and spend more time on what really matters to you.

You may not see the same doctor at each appointment but we work as a team so that we all have a similar approach. Often the doctors from the RHCYP try to see the young people who are aged 14 and 15, and the adult doctors from SJH aim to see those who are 16 and 17 and therefore closer to transition to the adult service. The team discusses everyone at the end of each clinic so that we can all get to know the people who come to clinic. If there is a particular reason for you to see the same doctor at each appointment we will try to accommodate this, although we cannot always guarantee you will see the same person. Please let the clinic nurse know if this is the case.

You may also see a diabetes nurse and a dietician when you attend clinic and once a year you will also get your eyes checked. You should expect to spend at least 2 hours in clinic so please make sure you allow enough time for this visit.

You can read more about what to expect and how to prepare for clinic on the ECED website.

**What is transition?**

You may hear the team use this word in relation to the Young Person’s clinic. Transition is defined as the planned movement of young people with chronic medical conditions from child-centred to adult-oriented healthcare. This means that during the 4 years that you spend in this clinic you will gradually take over from your parents in looking after your diabetes. The pace at which this transition takes place varies from person to person and will be individual to you. The aim is that by the time you move to the adult clinic, you have had time to adapt to being in charge of your own health. This involves allowing you time to discuss what is important to you. You will also be offered time alone with the doctor without your parents in the room. As you get older and various issues become relevant we will discuss topics such as driving, travelling (possibly without your parents) and planning to have a family in the future.

**Where can I get more information on the team?**

You will find information on all the doctors under the “about us” section of the ECED website.

**Where can I get more information about my diabetes?**

We suggest that people with diabetes sign up to an NHS Scotland website called My Diabetes My Way. This gives you access to your clinic letters and your results, along with other information on your diabetes. Ask your doctor about registering in clinic or find out more by going to <http://www.mydiabetesmyway.scot.nhs.uk/>



There is also lots of useful information about diabetes on the ECED website (such as exercise, improving control, DAFNE).

**How can I tell you what I think about the clinic?**

We are always keen to improve the clinic where possible. You can discuss any suggestions with the doctor or nurse when you see them.