

What will happen when you start coming to the adult diabetes clinic? (page 1 of 2)



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer-care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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Role: Consultant
Date written: February 2014
Review date: July 2021
Version: 1.1
Code: PI1321

When you and the Paediatric Team think you are ready to move over from the transitional clinic to the young adult clinic an appointment will be made for you to see one of the adult diabetes doctors. These appointments take place in the medical surgical outpatients and we will make sure you know where to go.

When an appointment is made this will be confirmed approximately 6 weeks beforehand and we will send you a text reminder a few days in advance.

What will happen at the appointment?

When you come for your appointment you will usually be weighed and your blood pressure will be checked by one of the clinic nurses.

You will be seen by one of the diabetes doctors - at least at first, your appointments will be made with Dr Lawrence who you will have met in the transitional clinic. At the clinic you will also have the opportunity to see one of the diabetes nurses should you wish to do so.

We will discuss all aspects of diabetes management with you. If you are having particular problems with your diabetes we will discuss these with you. It is often helpful to write any questions down before the appointment.

After the appointment we will send a letter to your GP and if you would like a copy we are more than happy to share this with you.

You are welcome to bring anyone else you like to the appointments.

What preparations should you make for the clinic visit?

It is very helpful if you can bring your meter and blood sugar diary so that you can have a look at your blood sugar readings with the team.

We will usually ask you to have some blood tests done before the clinic visit so that the results are available when we see you. A form will be given to you at the previous clinic. We will usually be checking the HbA1c and kidney blood test. These tests can be done either by making an appointment at your GP surgery or if easier at the blood taking department at the hospital (Pathology).

Once a year we will also ask you to do a urine sample which will be sent to the laboratory to check on your kidneys.

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It is helpful if you can remember when you last had your retinal screening (picture of the back of the eyes) and the result - you should have this done once per year and will be invited to have the picture taken - usually at the GP surgery - by the retinal screening department.

It is also helpful if you can remember when you last had your feet looked at - again this should be done at least once a year and will usually be done in the GP surgery as part of your annual review. If you don't think you have had this done in the year before clinic let us know and we will do this check when we see you.

How often will you be seen?

Usually you will be offered an appointment at least twice a year but more often if required.

What other support is available between visits?

In between visits to the clinic help, support and advice from the team is available to you.

The diabetes nurses can be contacted by phone and e-mail and you will be given their contact sheet at your first visit. You can arrange face to face visits with the diabetes nurses in between visits if you feel this would be helpful - as well as seeing people at Salisbury hospital the nurses also do clinics in Mere, Tisbury and Amesbury.

We have a specialist dietician as part of the team. She can offer advice about all aspects of diet and diabetes, particularly carbohydrate counting and advice on diabetes and exercise. Carbohydrate counting advice can be given on a 1 to 1 basis. The team also run education courses to give more support and education about this and we will discuss this with you when we see you if you want to.

There is a lot of additional information available via the internet particularly from the Diabetes UK website (www.diabetes.org.uk).

Do you need to see your GP about your diabetes?

Your GP will be responsible for giving you prescriptions for your insulin and any other medications you are on. Most practices will ask to see you at least once a year in addition to your clinic visits to us for an annual review.

We will support you in managing your diabetes - if you do have any questions then please do ask.

Contact details for Diabetes Nurses

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