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Patient information

Welcome to the Adolescent Clinic

The Adolescent Clinic, which is also referred to as the Transition Clinic, is a specific clinic set up for young people with diabetes, to start to prepare them for looking after their diabetes in adulthood. Appointments are often carried out jointly with the young adult diabetes team, so that you can get to know them before being transferred to the Young Adult Clinic, which is usually after your GCSEs.

It is important for the young adult team to get to know you and to hear your voice. For this reason, we recommend that 5-15 minutes of your appointment is just with you, either at the start or end of the appointment. Your parent(s)/ guardian can join you for the rest of the time.

You can discuss anything you want to with the team as it is **YOUR** appointment.



Excellent patient care, together

Common topics discussed in Adolescent Clinic:

- Driving and diabetes
- How to safely care for diabetes when drinking alcohol
- Relationships
- Technology
- Increasing independence:
 - How to make clinic appointments
 - How to order prescriptions
 - How to manage diabetes when moving to university

Technology

This is a good time to reassess the technology you are currently using. When you move to the care of the young adult team the funding criteria changes, as do the options available to you.

For more information about adult funding criteria, you can find this on the National Institute for Care Excellence (NICE) website or speak to a member of the diabetes team.

What you need to consider:

Are you likely to start on an insulin pump within the next year?

If the children's diabetes team apply for pump funding for you, you will have to stay under our care for an additional six months after your pump start. This needs to be a joint decision with you and both diabetes teams, as this may not be appropriate for you.

Your options, if not planning to start a pump within the next year

There are two main options: Libre 2+ or Dexcom One+. Both sensors are continuous glucose monitors and are on GP prescription, making the renewal process smooth and easy.

Data sharing

Libre allows data sharing with up to 20 people

Dexcom allows data sharing with up to 10 people