

Moving to Adult Care

Information for young people transferring to Adult Services

Preparing to transfer to Young Adult Clinics

Moving to adult care can be a scary time. You may have been coming to the same clinic since your initial diagnosis. You know everyone there, and more importantly, they all know you.

By the time you move to adult care, you will have already met members of the adult team in the Transition Clinic. This will hopefully make the transfer process easier for you. The age that you finally transfer will depend upon your individual needs but tends to be between 18 and 19 years of age.

If you use an insulin pump, you will be transferred to a specialist clinic for pump patients. If you go to university, you have the option to have your diabetes care transferred to a hospital near to where you attend further education. Also, **don't forget** to apply for your medical exemption certificate at your GP surgery. This is a small card you can show to get **free** NHS prescriptions.

Young adult clinics

Clinics are held at the following sites:

- Hertford County Hospital
- New QEII Hospital, Welwyn Garden City
- Lister Hospital, Stevenage

Your appointment will be to see a diabetes specialist nurse or a consultant.

Clinic appointments will be less frequent, but you can contact your diabetes specialist nurse at any time between appointment dates.

On arrival at clinic, your height, weight and blood pressure will be measured. You will not routinely have your HbA1c measured in clinic. **Blood tests should be done 2 weeks before your appointment.** If you don't have a blood form, please contact us.

For your appointment, please remember to bring:

- A urine sample - please contact us if you require a specimen bottle
- Your blood testing meter/device ready for download

We will normally see you on your own, but your parent/partner/carer can be included in the consultation if you wish.

If you are unable to attend, it is important to rearrange the appointment otherwise you will be discharged from the clinic. Please call the Contact Centre to rearrange (telephone number below).

Please stay in touch

We recognise how difficult it can be sometimes to live with diabetes and manage it in your day to day educational or working life, as well as your social life.

Once a year you need to have extra health screening to pick up signs of possible complications or conditions that can happen when you have diabetes. This health screening is known as your **annual review**.

It is important to have all these health checks when your diabetes team recommend them, as any problem can be picked up early and treated.

We can give advice and Information about any aspect of your care including:

- Injection or blood testing issues
- Hypo management
- Coping with illness
- Holidays
- Problems with school or work
- Driving
- Employment

Additional information

Useful clinic codes:

- Glooko Proconnect code—ukhowland
- FreeStyle Libre: Practice ID 01464526
- Dexcom Clarity – Clinic code 01438288301

Useful websites:

- www.diabetes.org.uk
- www.jdrf.org.uk
- www.mysugr.com
- www.accu-chek.co.uk
- www.dexcom.com
- www.freestyle.abbott
- www.menarinidiag.co.uk
- www.mylife-diabetescare.com

Useful contact details

East and North Hertfordshire NHS Trust:

- Website www.enherts-tr.nhs.uk
- Telephone 01438 314333

Patient Advice Line:

- Telephone 01438 288301 - Please leave a message stating your name, contact number and hospital number if known. Your call will be returned.
- Email: www.diabetes.enh-tr@nhs.net (for clinical enquiries)

Contact Centre (Appointments):

- Telephone 01438 284444

For urgent help – 24 hours a day

If someone is at risk of harm, call **999** or visit your nearest Emergency Department.

HPFT Single Point of Access:

- Freephone 0800 644 101
- NHS 111 select option 2 for support in a mental health crisis

Samaritans:

- Telephone 116 123 - Free service 24 hours a day 365 days a year
- Email: jo@samaritans.org
- Online chat or self-help app www.samaritans.org

Leaflet information

You can request this information in a different format or another language; please speak to your doctor or nurse.

Date of publication: August 2018

Version number: 02

Author: S Woodly, A Currie

Reference: Diabetes

Review Date: November 2027

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