

# Transition for Young People with Diabetes

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Supporting Young People in the Transition from Paediatric  
to Adult Services

## **What is Transition?**

Transition is the planned movement of young people with chronic physical and medical conditions (e.g. diabetes, asthma and epilepsy) from children's to adult services.

Transition for children in the diabetes service will start at around 14 years of age when we begin to discuss your plans for the future in children's clinics.

As you get older and more familiar with the staff in the Transition Clinic, we encourage you to attend some of your appointment time without your parents.

Young people will usually move to the dedicated Diabetes Transition clinic at around 16 years. However, this is flexible and we are prepared to work with you and at your own pace.

The Transition Clinics are usually held in an evening on all sites, every three months.

You can attend the Diabetes Transition clinic up until your 19th birthday and will then move on to the Young Person's Clinic.

If you need to come into hospital during this time you will be given a choice of where you would like to be cared for. Between 16 and 18 years of age, you can be admitted on the children's ward or an adult ward. After your 18th birthday you will be admitted to the adult wards.

## **Where are the clinics and who is involved?**

The clinics are run jointly by Paediatric and Adult services. They will usually be staffed by a Consultant Physician (Adult Diabetes Doctor), Consultant Paediatrician, Adult Diabetes Specialist Nurse, Paediatric Diabetes Specialist Nurse and Dietitian.

The Transition Clinic works in a very similar way to the children's clinic you have been attending. When you arrive you will have the usual checks like your height and weight. Your HbA1c will also be checked. It is possible for you to attend with parents, carers, or friends but we do prefer you to spend most of your appointment time on your own.

### **Furness General Hospital**

The clinic is held in 102 Dalton Lane, which is a building in the hospital grounds.

Paediatric Nurse: 01229 870870 Ext 52012

Adult Team: 01229 404445

### **Royal Lancaster Infirmary**

The clinic is held in the Diabetes Centre, Medical Unit 1. Paediatric Nurse: 01524 583827

Adult Team: 01524 405728

### **Westmorland General Hospital**

The clinic is held in the Blackhall Unit.

Paediatric Nurse: 07880 995411

Adult Team: 01229 404445

Outside of working hours if you require any advice, please contact either the Children's Ward at your local hospital or your G.P..

### **Leaflet Details**

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## **Other formats**

If you would like to receive this information in an alternative format, then please contact: 01539 715577.

## **Travelling to our hospitals**

For the best way to plan your journey visit our website: <http://www.UHMB.nhs.uk/> or contact Patient Advice and Liaison Service (PALS): 01539 715577.

## **Useful Contact Details**

NHS 111 (for 24 hour urgent health advice): telephone 111

## **Your Information**

If you would like to know how we use, share, disclose and secure your information and your rights of access to the information we hold about you, visit the Trust's website: <http://www.UHMB.nhs.uk/> or contact Patient Advice and Liaison Service (PALS) on 01539 715577.

## **Evidence**

Details of the evidence used in writing this leaflet are available on request from: Patient Information Officer at 01524 512476.

## **Feedback**

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment, please speak to a member of staff or contact PALS on 01539 715577.

UHMBT is a no smoking Trust. Smoking is not permitted on any of the hospital sites. You can contact the NHS North Lancashire Stop Smoking services on the number below:

NHS Quit Squad - **0800 328 6297**

If you live in Cumbria, please call **0300 013 3000** to find a local pharmacy who are offers 1-2-1 support and nicotine replacement therapy.

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