

## Transition of young people with Diabetes Mellitus from paediatric to Adult Services - Summary Paediatric Clinical Guideline

Reference no.: CH CLIN D10/June 19/v006

### Principles of transition

- Young people should be offered sufficient education to enable them to manage their diabetes independently to the best of their abilities.
- Progress towards transition will start from annual reviews at the age of 13 years, with structured education to include a range of topics appropriate to age.
- An appointment will be made in the transition clinic at approximately 16 years of age depending on the young person's wishes, physical development and emotional maturity.
- Each young person will be offered a minimum of 4 clinic appointments per year.
- The young person should be offered the choice of when they transfer from the transition clinic to the young adult clinic and this should ideally be at a time of relative stability.
- Transition should focus on what is positive and possible for the young person, rather than on a pre-determined set of transition options.
- We recognise that transition is particularly challenging for young people with additional needs and the transition plan will be adapted to best meet those needs.
- Consider use of the 'Ready Steady Go' documentation for documenting transition for the individual young person.
  
- When a young person does not attend a clinic appointment, a further appointment will always be sent (and the patient contacted by telephone) and the team will follow the 'was not brought' policy for children and young people with diabetes mellitus (CH CLIN D13). If a second appointment is not attended, the paediatric diabetes specialist nurse (PDSN) will contact the young person to discuss any barriers to attending clinic