

Managing Type 1 diabetes through the transition years

Young children with a long term condition such as diabetes receive a great deal of support during childhood, often from a multi-disciplinary team. The level of care they receive as they make the transition to adult services can vary considerably; consequently many develop complications with their disease.

Project leader:

Craig Cotterill - Paediatric diabetes specialist nurse, Walsall

Project aim

To improve experience of adolescents with diabetes transitioning from children to adult diabetes services

Outputs:

- Pathway of care developed for young people with diabetes to facilitate a smooth transition from paediatric to adult diabetes services
- facebook and twitter page set up for children with type 1 diabetes in Walsall

Outcomes:

- 4 workshops held to inform young people
- reduction in unplanned hospital admissions following workshops
- young people involved with the project have increased knowledge about diabetes
- young people report increased confidence in managing their diabetes and feel more prepared to transition to adult services
- they also report feeling more confident in accessing diabetes, GP and other services they may require

‘These workshops have helped me see that I’m not the only one affected by my condition. I don’t think I could have made progress without them.’ Patient

