

Patient information

Transition pathway from paediatric diabetes team to adult diabetes team

Definition of transition

Transition is “the purposeful, planned movement of adolescents and young adults with medical conditions from child-centred to adult orientated health care systems¹”.

This leaflet has been designed to inform you of your transition pathway and to introduce you to the transition clinic team.

- Transition is the process where your diabetes care moves from the paediatric (children’s) team to the adult diabetes team. The aim of this is to make sure that your medical, psychological and educational needs are met.
- The beginning step is when your paediatric team talks to you about the different clinics you will go to as you get older.
- The middle step is when you are given information about transition. The team, with you and your family, will decide if you are ready to move to the transition clinic. This transition clinic is the clinic for young people age 17 – 19 years old.
- The final step is when you move to adult care and are able to self-manage diabetes and make decisions about your treatment.
- When you are in the transition clinic you will have the same support as you had at the children’s clinic.
- In the transition clinic you will meet some staff who are new to you. The team who look after you in the transition clinic are detailed below in this leaflet.
- An appointment in the transition clinic will be made for you every 3 months. This clinic is on a Wednesday afternoon from 2.00pm, held in the Diabetes Centre at the West Suffolk Hospital.
- Shortly before your 19th birthday you will move to the adult clinics held in the Diabetes Centre at West Suffolk Hospital. You will have received an appointment

in advance.

Paediatric diabetes team

Dr Binu Anand	Tel: 01284 713749 (secretary)
Dr Claire Harrison	Tel: 01284 713749 (secretary)
Dr Tom Houghton	Tel: 01284 713749 (secretary)
Dr Frances Nelson	Tel: 01284 713749 (secretary)

Paediatric diabetes specialist nurses and practitioners

Julia Harding, Paula Olsen, Nichola Onstenk and Anna Groom	Tel: 01284 713612
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Paediatric dietician: Ruth Whymark	Tel: 01284 712866
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Paediatric Clinical Psychologist

Dr Emily Baker	Tel: 01284 713250 (direct) or 07929 611 898 (secretary)
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Joint email: pds@wsh.nhs.uk

Emergency out of hours contact

From 5.00pm to 9.00am weekends and bank holidays call 01284 713000 and ask for the children's diabetes contact on call.

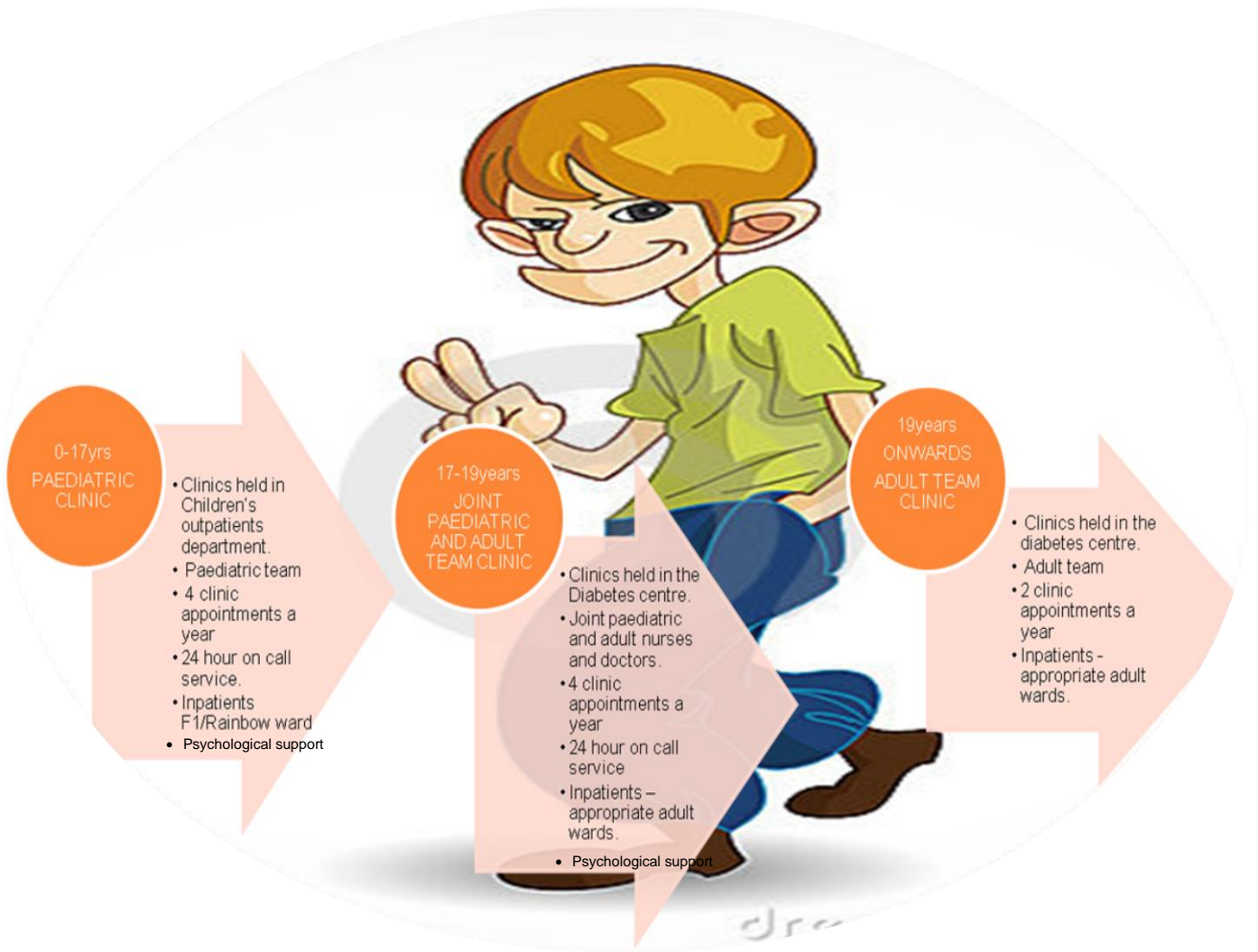
Transition diabetes team

Clinical psychologist: Dr Emily Baker	Tel: 01284 712684 (direct) or 07929 661 898 (secretary)
Dr Tom Houghton	Tel: 01284 713750 (secretary)
Dr Anupam Brahma	Tel: 01284 712858 (secretary)
Paediatric Diabetes Specialist Nurse (PDSN) Paula Olsen	Tel: 01284 713612
Diabetes Specialist Nurse (DSN) Denise Unsworth	Tel: 01284 713311
Dietician: Karen Orriss	Tel: 01284 713609

Joint e-mail: tds@wsh.nhs.uk

Emergency Out of Hours Contact

From 5.00pm to 9.00am weekends and bank holidays ring 01284 713000 and ask for the children's diabetes contact on call.



Reference List

(1)Blum RW, Garell D, Hodgman CH et al. Transition from child-centered to adult health-care systems for adolescents with chronic conditions. A position paper of the Society for Adolescent Medicine. *J Adolesc Health* 1993 November;14(7):570-6.

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