

Annual Review Screening - Under 12 years of age

Paediatric Diabetes Department

Blood Tests

A blood test is normally taken once a year as a general health screen as well as for the detection of any complications associated with diabetes including:

Thyroid function – Children with Type 1 Diabetes are more at risk of developing other autoimmune conditions such as hypothyroidism. The thyroid is a gland that sits low on the front of the neck. Thyroid hormones are responsible for influencing metabolism, growth and development, and body temperature. Therefore hypothyroidism may lead to symptoms such as lethargy, feeling weak, feeling cold and problems concentrating. This can be resolved by replacing the hormone with an oral supplement.

Please have any tests done at least 2 weeks before your child's next appointment to allow enough time for the results to be available. Your child's diabetes doctor will order blood tests directly on our pathology system so you will not receive a paper request form to take with you.

Coeliac disease - Children with Type 1 Diabetes are more at risk of developing other autoimmune conditions such as coeliac disease. Coeliac disease is an illness where the body's immune system attacks its own tissues when you eat gluten. This causes damage to the lining of the gut and means the body can't properly absorb nutrients from the food. If coeliac disease is detected, your child will be advised on a gluten free diet.

Kidney Function – Children with Type 1 Diabetes are more at risk of developing problems with their kidneys due to high blood glucose levels (risks are considerably lower if HbA1c is less than 58mmol/mol).

Initial problems can be detected early on with an annual blood test and can most likely be reversed with better control.



Where to get a blood test:

To book a blood test at Ashford hospital, please visit www.ashfordstpeters.nhs.uk/bloodtests

Dietary Review

Healthy eating is important for maintaining good health. If you would like a dietary review, please ask the clinic nurse for a food diary which you can complete and return to the Dietitian for assessment and advice. If you would like to discuss any specific dietary issues with the Dietitian e.g. carb counting refresher, extended bolus options for pumps, diet and exercise advice, please let the Dietitian know and we can arrange a separate appointment.

Mental Health and Wellbeing

You and your family can access support from our Clinical Psychologist or Mental Health Nurse at any point whilst they are under the service. If you feel that this would be beneficial you can discuss it at your annual review appointment or contact one of the diabetes nurses who can book an appointment for you. No referral is needed.

Contact details

Please feel free to contact the Paediatric Diabetes Nurse Specialists if you have any concerns or questions about your child's annual review:

Office number: 01932 723314

Email: asp-tr.generalpaeddiabetes@nhs.net

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.



اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ 'ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤکرم اس فون نمبر 01932 723553 پر رابطہ کریں

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Se precisa de uma tradução por favor contacte: 01932 723553

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