

Department of Diabetes
St Helens Hospital
Marshall Cross Road
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Young Adult Diabetes Clinic

Patient Information Leaflet

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
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Author: Nurse Specialist
Department: Diabetes Unit
Document Number: STHK1149
Version: 3
Review date: 01 / 06 / 24

Young adults diabetes

The Young Adults Diabetes Clinic is set up for people with diabetes aged 18 to 25 years.

The clinic is held in the Diabetes Centre St Helens Hospital on Friday mornings for Young Adults on an Insulin Pump and Thursday afternoons to evening for those not on insulin pump therapy. We aim to work in partnership with you to help you manage your diabetes effectively. If you wish, a friend or relative can attend your appointment with you. The clinic also gives you the opportunity to meet other young people with diabetes.

The Young Adult Team consists of Dr Balafshan (Consultant Physician), Suzanne Keigan (Diabetes Nurse Specialist), Catherine Gallagher (Dietitian), Emma Langan (Dietitian), and Thea McCarten (Secretary).

At your first appointment you will be seen by Dr Balafshan. At subsequent visits you will see Suzanne and have the option to see the Dietitian.

The frequency of further appointments depends on your individual needs but is typically every 3-6 months. If at any of your reviews you or Suzanne feel it may be helpful for you to see Dr. Balafshan, a further Consultant appointment will be arranged.

We also have close links with the Clinical Psychology Team.

Managing diabetes can be difficult for many reasons and some people find contact with a Clinical Psychologist helpful. This can be arranged if required.

Your Annual Review will typically be arranged during the month of your birthday. Eye and foot screening are performed in the community (outside of the hospital).

You will have the opportunity to attend a structured diabetes education programme.

Most people find this useful and enjoyable. For those with Type 1 Diabetes, we also run a 'carbohydrate counting' clinic. If you are interested, please ask.

To ensure you receive your appointment and we can contact you, it is essential you inform us of any telephone or address changes. If you are unable to attend your appointment you should contact reception to rearrange as early as possible. This is very important as it is hospital policy not to routinely offer further appointments after non-attendance at clinic.

Please note - if you need to rearrange your initial appointment with Dr Balafshan, please ensure your next appointment remains within the Diabetes Young Adult Service. Dr Balafshan's Secretary—Thea Mc Carten 01744 646502

To contact Suzanne you can leave a message on the Diabetes Nurse answer phone on **01744 646200 option 2** (messages are picked up daily by the Nurse Specialists and calls returned).

Also you can e-mail: Young.AdultDiabetes@sthk.nhs.uk.

Please be aware however that emails may not always be read immediately and you may have to wait for a response.

We also have an emergency line on 01744 646200 option 5 which is available from 8am-10pm Monday to Friday and 8-4pm for weekends and bank holidays.

For emergency advice out of hours after 10pm and before 8am weekdays and at weekends, contact your GP or attend the Accident and Emergency Department.

Finally, we look forward to seeing you. If you have any questions, please telephone or alternatively write them down and bring them with you when you attend clinic.