



Coming to Clinic

Routine diabetes clinic appointments are run in the Royal Hospital for Children and Young People's outpatient department. You will have information in your Diabetes Handbook about what to bring with you to clinic.

At each visit your child will

1. Get their height and weight measured
2. Get a finger prick blood test
3. See a senior doctor in the diabetes team who will discuss general health and diabetes care.

This will take at least 1 hour.

If you are coming for an Annual Review your child will have

1. Some extra tests (including a blood test from a vein)
2. Extra paper work
3. Extra people to see (Diabetes Nurse Specialist or Dietician and a Doctor)

This will take around 1 1/4 hours.

Clinic hints and tips

Before coming to clinic

- Children usually cope better with medical appointments if they know what to expect. Mentioning that you are coming to hospital and having a plan of something nice to do afterwards can be helpful.
- All children should have been given a Hospital Passport which you can look at together at home. This has ideas of how to prepare for coming to hospital. You can bring your passport to clinic and give it to the nurses and doctors to get stickers and stamps.
- You can download the Hospichill app on your phone <http://hospichill.net/>. This has some great relaxation exercises and games.

Waiting

- Clinic may sometimes run late. Prepare your children for this. Make sure you have enough money in the parking meter so you're not worrying about this during your child's appointment.
- If you have very small children you might find it less stressful to bring another adult with you, or leave siblings at home with someone. Obviously this is not always possible.
- Bring snacks and drinks for you and your child/children.
- Bring toys/games/books to keep your child/children occupied while they are waiting
- It's OK for them to play on a tablet/phone while they wait!
- If you think your child is a bit nervous about the appointment you can help by keeping them occupied while they are waiting (e.g. by bringing books/colouring books/games etc) or by talking to them, playing games like I spy.
- You can use the 'Bright Ideas' cards from your Hospital Passport or play some of the games on your Hospichill app to keep calm while you are waiting.
- If you or your child have any special requirements (social anxiety, ASD, sensory issues, LD etc) make sure the team know about this and we will do our best to make your clinic visits work well for you.

During the appointment

- It's OK to bring a list of questions or topics that you and your child want to discuss. Sometimes people feel flustered and forget what they want to say so this can be helpful to make sure you get what you want out of the appointment.
- It's OK to ask questions and get the clinician to repeat things. They understand that there is a lot to take in. It's also OK to write things down so you can remember what you have discussed.
- Sometimes children and young people (and parents) can feel a bit nervous about coming to clinic. This is totally normal and the team are used to this.
- Talking about diabetes can also be emotional for some families and, again, it is quite normal for some parents or children to get upset in clinic. The team are here to support you.

- There are Hospital Play Specialists who are on hand to help if your child gets worried or upset getting blood tests. Just ask to see if they are available.

The diabetes team are always happy to speak to you if you have any questions or would like advice.

