



Discharge Advice for Children, Young People and Families with newly Diagnosed Diabetes . Updated

Congratulations, you have survived your stay in hospital and now it's time to go home and enjoy a bit of peace and quiet away from the bustle of the hospital routine and get back into your own routine. Everyone naturally feels a little anxious about going home but remember that you can contact us for advice.

At going home time, sometimes it feels like there lots of things to remember. We've put together some general hints, which may make the transition from hospital to home a little easier.

Note to parents and caregivers

It's important you take care of yourselves following your child's diagnosis. Try to eat well, get plenty of sleep. Other families have told us they've found it helpful to talk to friends and family about how they are feeling. It's OK to ask for help if you need it.

Contacting the diabetes team



Monday to Friday 1-4pm: Call the Diabetes Nurses on (09) 631 0790 and **press 2** . **Weekends and public holidays** phone (09) 631 0790 and **press 1** for the Endocrinologist (specialist diabetes doctor) for your insulin doses. Sometimes the diabetes nurse will give you the weekend doses when you call on Friday

If you would like to talk to the diabetes **Clinical Psychologist** or a **Dietitian**, phone the diabetes nurses (09) 631 0790 and **press 2** or email diabnurse@adhb.govt.nz

The following situations require **urgent medical advice**. Phone the Endocrinologist on (09) 631 0790 and **press 1**

- ⇒ If your child is unwell with vomiting, diarrhoea or fever
- ⇒ If blood ketones are >0.5 or the urine ketostix turns a deep pink or purple colour
- ⇒ If your child has had a severe hypo

Checklist of things you need before you leave hospital:

- ◇ Prescription or diabetes supplies (if already collected from pharmacy)
- ◇ Log book with insulin doses for next 24 hours
- ◇ Contact details for diabetes team
- ◇ Insulin pens (if applicable)
- ◇ Blood glucose meter pack
- ◇ School Action and Management plan and flip-chart
- ◇ Parents manual
- ◇ Sharps container
- ◇ Appointment for follow-up education
- ◇ Child disability allowance form
- ◇ Carer Support form
- ◇ Medic alert form



Insulin

- ⇒ Before going home, please check that you have the insulin doses for the next 24 hours written in the logbook. For the first few weeks we want you to contact us every day to discuss insulin dose.
- ⇒ Store all unopened insulin in the fridge
- ⇒ Once opened the insulin should be kept out of the fridge and discarded after 1 month for example the 1st day of the month)
- ⇒ If your child is having insulin via syringe, open the 3 bottles of insulin you are going to use and write the opening and expiry date on each one.
- ⇒ If your child is using pens, keep the pen out of the fridge and make a note in your logbook or phone when it was opened
- ⇒ For young or very thin children, injections should be given into the bottom. As your child grows and gains weight this may change to the abdomen (stomach)
- ⇒ Rotate (change) the injection sites every time
- ⇒ If young people are administering their own injections they must be supervised by an adult

Syringes, pen needles, lancets and used insulin vials

If using insulin syringes, change the syringe each day (so you will use it for two injections)

If using pen needles, change the needle after every 3-4 uses

Change the finger-pricker lancet twice weekly. Don't use this device on other people

Place all used syringes, pen needles, lancets and used insulin vials into your sharps container. When the container is full take it to your pharmacy. Pharmacies in Auckland are

Blood Glucose Monitoring

Record all the blood sugar levels and insulin doses in your log book
Remember to wash hands for every test. We don't recommend using gels or commercial hand wipes as they can affect the result. There are some water-based wipes available which are specifically designed for blood glucose testing

We recommend testing:

Before all meals and at bed-time

If symptoms of hypos (low blood glucose) occurs

2 hourly if unwell or if blood glucose levels are >15

Targets blood glucose levels are 4-7 before meals and 6-10 at bed-time

Change lancet in finger-pricker twice weekly

Be Sharp Safe



Prescriptions

You will be given a prescription for most of your diabetes supplies before discharge. Treatment for hypoglycaemia (such as juice or glucose tablets) and lancets (needles) for your finger-prick device are not funded via prescription. You can purchase these items from your pharmacy, diabetes Auckland or in the case of juice boxes at your supermarket. We also give prescriptions at clinic which should provide supplies for the next 3-4 months. If you do run out of anything between clinics, please contact your GP

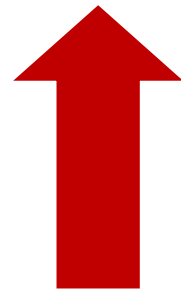


High Blood Glucose levels

If blood glucose level is above 15mmol but your child is well, give them water and retest in 2 hours

If blood glucose level is still above 15 test blood or urine for ketones

If ketones are positive (>0.5 blood or a deep pink or purple colour in urine) call Endocrinologist for advice on extra insulin



Low Blood Glucose levels

Common symptoms: Paleness, shaky, sweaty, dizzy, hungry, headache, irritable, sleepy, confused, behaviour changes

If blood glucose level is **less than 4** treat as below even if there are no symptoms.

Treat with quick acting carbohydrate (e.g. 125ml fruit drink or 3-4 glucose tablets (depending on the age and size of your child) and wait 10 minutes. Retest and if blood glucose level is 4 or above follow with long acting carbohydrate (e.g. 1 slice bread, a piece of fruit, 2 plain biscuits). If still under 4 treat again with quick acting carbohydrate.

If unconscious place into the recovery position, don't try to give anything to eat or drink and administer glucagen injection into the thigh muscle (pre-schoolers give half (0.5ml) only). Call **631 0790 and press 1** to talk to the diabetes doctors if your child has had a severe hypo.



Sick days

- * Test blood glucose and ketones 2 hourly
- * **Don't stop insulin**, but your child may need a different dose
- * Phone doctors for advice on insulin doses
- * Encourage your child to drink



Returning to school or preschool

Contact your child's school or pre-school to inform them of your child's new diagnosis with Type 1 diabetes.

The diabetes nurses will give you an Action and Management plan for you to use to discuss with the school. Make a time to meet and discuss this before your child returns to school

Give the school the Flip Chart and the Hypo Kit (with juice drink) and or glucose tablets plus pre-wrapped long acting carb food

The diabetes nurses will contact the school and send additional information including information about our monthly school seminars

Schools are not legally required to give Glucagon. In the unlikely event of a severe hypo at school the school staff will place the child in the recovery position, phone and ambulance and phone parents/ caregivers



Follow-up and clinic appointments

- * Outpatient appointments are held at Greenlane clinical centre (with the exception of a limited number of appointments at Botany Superclinic).
- * A letter will be sent to you regarding appointments with a text message reminder
- * You will be given two follow up appointments: The first will be a **clinic** appointment within a few weeks following diagnosis, which can take 2-3 hours the first time. Clinic is on the **ground floor** of building 4, Greenlane clinical centre
- * We will also arrange to see you for a follow-up education appointment after the first clinic appointment. This will be held at Starship Diabetes Centre **Level 1 Greenlane Clinical Centre (Building 4)**.
- * Follow up clinic appointments are scheduled 3-4 monthly
- * As our clinics are heavily booked, if you need to cancel or change an appointment it may be 3-4 months for a rescheduled appointment



Parking at Greenlane Clinical centre

Entry to the Greenlane Clinical Centre is via Greenlane West Road. Take the lifts to the First floor then follow the signs to Starship Diabetes and Endocrine Service. Clinic is on the ground floor of building 4.

Families can park in the designated "Public Parking areas" which are signposted as you enter the Greenlane site. There is a charge for parking on site.

Alternatively you may be able to find free 2 hour parking on Claude Rd or Gardner Rd or nearby at Cornwall Park. Allow an extra 10 to 15 minutes walking time to get here