

Other sources of support - 'Beam' Drop-in Counselling Sessions held:

- Tues & Thurs, 9 Market Square, Telford, TF1 1BP, 10am-6pm
- Mon, Sundourne Youth Centre, 218 Sundourne Road, Shrewsbury, SY1 4RG, 12pm-4pm
- Sat, 9 Market Square, Telford, TF1 1BP, 10am-2pm

N.B. the last session starts 1 hour before the session end time

Contact details for more information

Monday to Friday 9am-5pm

- Diabetes doctors can be reached via the paediatric secretaries on **01952 641222**, ext. **5980** or **5981**
- Diabetes nurses on **01743 450855 option 2**, text via **ChatHealth 07312 263102** or email **Shropcom.pdsn@nhs.net**
- Diabetes Dietician on **01952 641222** extension **4874**

In an emergency/out of hours

In an emergency during working hours when you cannot reach one of the team above or for out of hours support i.e. after 5pm or at weekends.

References:

NICE (2015) Diabetes (type 1 and type 2) in children and young people. NICE guideline NG18 www.nice.org.uk/guidance/ng18

The Diabetes Control and Complications Trial Research Group. (1993). The effect of intensive treatment of diabetes on the development and progression of long-term complications in insulin-dependent diabetes mellitus. N Engl J Med.329 (14): 977-86.

Managing Type 1 Diabetes

Reducing High HbA1c Level



You have been given this leaflet because you have a high HbA1c (70mmol/mol or over) which is above the national recommended target.

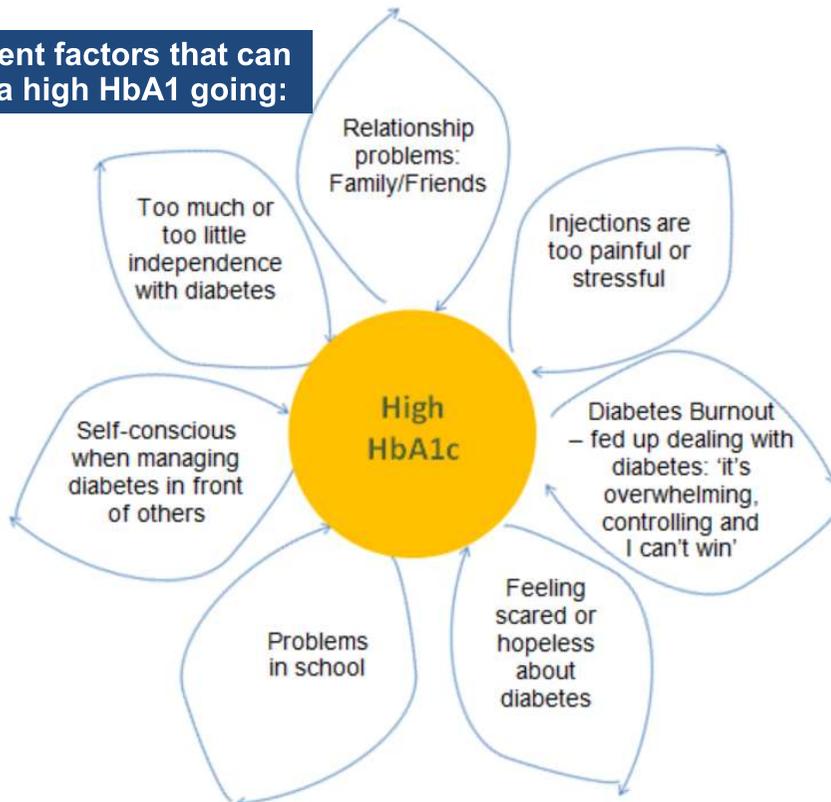
The team will support you and your family to improve your HbA1c; to reduce the risk of developing Diabetic Ketoacidosis and long term diabetes related complications. Research shows that **any** reduction in HbA1c will reduce your risk of developing complications from diabetes in the future.

We know from your feedback that one of the things that parents worry about most is long term complications of diabetes.

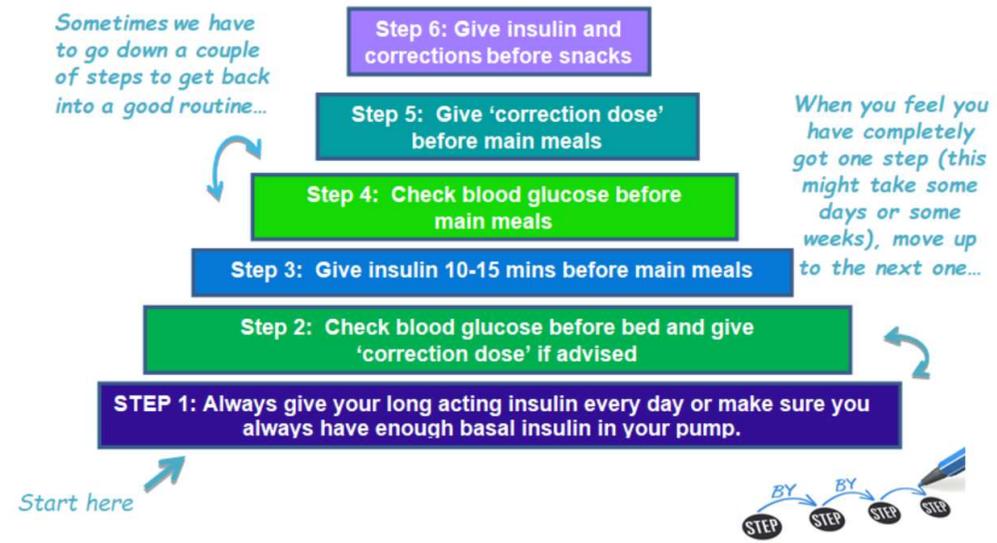
You may be suffering from the short-term effects of continually high blood glucose levels such as tiredness, poor concentration and mood and reduced sporting and school performance – probably without realizing it.

We want to help you to reduce your HbA1c to as close as possible to the **ideal level of 48-53mmol/mol**

Different factors that can keep a high HbA1c going:



Your Diabetes Team are here to help you achieve a lower HbA1c and will support you one step at a time



What next:

My next step is:

The diabetes team are going to:

My next appointment with the team is with:

Name:

Date and time:

Venue: