



The Madison Clinic
for Pediatric Diabetes at UCSF

Transition Guide



UCSF Benioff Children's Hospital

Learn to Keep Yourself Healthy

Whether you have had diabetes for years or are newly diagnosed with diabetes, there is a lot that you have learned to keep yourself healthy and manage your diabetes. Your diabetes team will be working with you and your family to help you learn more about diabetes and how to live a long, healthy life, and prepare for becoming an independent adult capable of taking care of your diabetes on your own. This Transition Guide was created as a tool to allow you and your diabetes team to track your progress in building the knowledge and skills you need for independent management of diabetes.

At your own pace, you will become more involved in your diabetes care. Just as you progress through school grades to adulthood, we will prepare you to graduate from the pediatric diabetes clinic to an adult diabetes provider, who may be one of the adult providers within the Madison Clinic. It is important that you and your family are prepared for that journey, and, through our Transition Program, we are here to help you on a road to success.

We recommend that you discuss the questions included in this guide with your family periodically and regularly with your diabetes care team at your appointments. Make sure you are comfortable with the answers and checklist items before moving on to the next stage.



DeAngelo

State Soccer
Champ

Fany

Traditional Mexican
Folk Dancer



I. In The Beginning

Be sure you are comfortable with the basics of diabetes care. On this foundation, you will build more advanced knowledge and skills in how to prepare for your health care and independent diabetes management in the upcoming years.

DIABETES BASICS

- ☐ What is diabetes?
- ☐ Do you have Type 1 or Type 2? What is the difference?

BLOOD SUGAR

- ☐ When should you check your blood sugar?
- ☐ What do you consider to be a low blood sugar?
- ☐ What do you consider to be a high blood sugar?
- ☐ What may happen if you have a low or high blood sugar?
- ☐ What are your symptoms of a low blood sugar?
- ☐ What are your symptoms of a high blood sugar, if any?
- ☐ What should you do if you doubt your blood sugar result?
 - ☐ I know how to check my blood sugar on my own.
 - ☐ I can recognize symptoms of a low blood sugar.
 - ☐ I have access to a blood glucose meter at all times.

TREATMENT

- ☐ How do you treat a low blood sugar?
- ☐ What is glucagon? When do you need to be given glucagon?
- ☐ How do you treat a high blood sugar?
- ☐ When do you check for ketones? Why? How?
- ☐ How should you store insulin?
- ☐ What can happen if you take insulin without checking your blood sugar?
- ☐ What can happen if you forget to take your insulin?
 - ☐ I can help get my insulin injection supplies ready.
 - ☐ I carry quick acting carbohydrates with me at all times.
 - ☐ I know how to give myself an insulin injection.
 - ☐ I have glucagon at home and at school.
 - ☐ I know what to do if I have positive ketones.

SUPPORT

- ☐ Who should know that you have diabetes?
- ☐ Who is on your diabetes care team?

- ☐ What number should you, or your family call if you have an urgent question about your diabetes?
- ☐ What number should you, or your family call if you have a non-urgent question about your diabetes?
- ☐ What should you bring to your diabetes appointments?
 - ☐ I always wear a medical ID that says I have diabetes.



Sarah

Vocalist and T1D Advocate



Michael

NBA Hopeful

II. Intermediate

Will continue to review different topics with you and your family about your health, medications, and diabetes management at your visits. We will provide you more time to meet independently with your diabetes care team. We will help you get more comfortable managing your diabetes and your health on your own. Your family continues to be an important part of your team and will need to be present at appointments to review information, discuss the plan, and address questions.

DIABETES

- ☐ Why do some people have diabetes and others do not?
- ☐ What is diabetic ketoacidosis (DKA)? How can you prevent it?
- ☐ What laboratory tests do we follow every year? Why?

BLOOD SUGAR

- ☐ What is hemoglobin A1c? What does it tell us? What is your A1c goal?

TREATMENT

- ☐ How do the different types of insulin differ?
- ☐ How can your insulin go bad?
- ☐ How long does insulin last in your body?
- ☐ Why is it important to rotate your injection or pump set sites?
- ☐ What medications do you take? What are they for? When do you take them?
- ☐ Do you know the name of your meter & test strips? Do you have an extra meter?
- ☐ I know how to correctly dispose of needles and lancets.
- ☐ What can you do to treat a low blood sugar if you are vomiting?
 - ☐ I know my high blood sugar correction ratio.
 - ☐ I know my carbohydrate coverage (Insulin to Carb) ratio.
 - ☐ I know how to calculate my insulin dose, prepare the dose, and give it to myself.
 - ☐ I understand when to use glucagon and how much to give.

SUPPORT

- ☐ What does each member of your diabetes care team do for you?
- ☐ How often are you supposed to meet with your diabetes provider/nurse/dietician/transition coordinator/social worker/psychologist?

NUTRITION

- ☐ What are carbohydrates? What are examples?
- ☐ What are fats? What are examples?
- ☐ What are proteins? What are examples?
 - ☐ I know how to count carbohydrates.
 - ☐ I know how to read a food label and measure servings.



Savannah

College Student
Pre-Med

III. Advanced

As you have learned more and acquired more skills, you are coming closer to managing your diabetes independently. As you are getting ready for your appointments, ask yourself these questions:

- Do I feel comfortable asking questions about my health?
- What questions do I have about my health?
- What do my lab results mean?
- Am I doing well?
- Do I understand how my medications are supposed to work?
- Should I meet with the dietitian, nurse, social worker, transition coordinator and/or psychologist?

DIABETES

- ☐ What other conditions are more common when you have diabetes?
- ☐ What are the possible long-term effects of high and low blood sugars?

BLOOD SUGAR

- ☐ What is the temperature range for storing test strips? Why is this important?
- ☐ Do you know how to program the date/time on your blood glucose meter, pump, and CGM? (They need to be synchronized.)

TREATMENT

- ☐ When you are sick, what modifications are required of your diabetes management plan?
- ☐ How does exercise affect how much insulin you need?
 - ☐ I understand the concept of insulin stacking and why it is dangerous.
 - ☐ I know what diabetes supplies to pack for travel.
 - ☐ I can teach someone how and when to give glucagon.

SUPPORT

- ☐ Do you know how to contact your diabetes care team?
- ☐ Do you know how to contact your primary care provider?

DRIVING

- ☐ What do you have to do before you drive?
- ☐ What do you do if you are driving and you think you are having a low?
- ☐ What is your provider's legal responsibility when it comes to your ability to drive?
 - ☐ I understand that my driver's license will be taken away if I am not meeting the minimal requirements of diabetes management.



Maryjane
Rodeo Star



IV. Steps Towards Independence

You are soon ready to move on to the next stage of your life as an independent adult! We expect you to take more responsibility in coordinating your appointments and prescription refills and calling the diabetes clinic with any problems. During this time, we will talk more actively about your eventual transfer to an adult diabetes provider, who may be within the Madison Clinic and/or we will discuss why, how, and when you will make your move to an adult diabetes program. Remember, it's all about planning early so that everyone is prepared to take that next step. Every person and situation is different, so we will make a plan that is unique and suitable to you. Whatever the timing, we need to be sure you are ready to be independent in your diabetes care.

What will change when you turn 18? Ask yourself...

- What is my plan for getting an adult diabetes provider?
- What is my plan for getting an adult primary care physician?
- How do my responsibilities change when I turn 18?
- Does my insurance change once I hit a certain age?

INSURANCE

- ☐ What type of insurance do you have?
- ☐ What are your insurance options?
- ☐ How long are you covered on your parent's health insurance or on your current plan? What do you need to do to maintain coverage?
 - ☐ I know what my medical insurance covers for my diabetes care.

PROVIDER VISITS

- ☐ What is the difference between a primary care provider and a specialist?
 - ☐ I can fill out a medical history form and list my medical conditions, allergies, & medications.
 - ☐ I know how to have my medical records transferred to my new provider.
 - ☐ I have a calendar to keep track of my medical appointments.
 - ☐ I keep a personal health notebook or medical journal.
 - ☐ I know how to get my most recent laboratory results.
 - ☐ I have a primary care provider.

INDEPENDENCE

- ☐ If I am leaving home, I have set up delivery of medical supplies, medications and appointments there.
- ☐ I know how and when to order more supplies.
- ☐ I know how to plan my diabetes care in preparation for a job interview, a test, a dental appointment, or any other important scheduled event.

LIFE

- ☐ What new legal rights and responsibilities do you gain when you turn 18?
- ☐ What are some scenarios in which you could face peer pressure to make an unhealthy choice? How would you deal with it?
- ☐ What questions do you have about dating and sexuality as it relates to diabetes?
- ☐ What healthy choices can you make when hanging around friends who might be drinking alcohol, smoking or using drugs?
- ☐ How can diabetes affect pregnancy and what steps should you take if thinking about having a baby?
 - ☐ I can describe how my health condition affects my daily life.
 - ☐ I can tell someone the effects that getting older may have on my health condition.
 - ☐ I have had a conversation with my diabetes care team concerning alcohol, drugs and sex.

WORK

- ☐ What are your rights and reasonable accommodations for your diabetes care at work?
- ☐ How does the American Disabilities Act (Section 504) protect you in your job?
- ☐ Do you know when and how to disclose your diabetes to your employer?

COLLEGE OR VOCATIONAL SCHOOL

- ☐ What are your rights and reasonable accommodations for your diabetes care at school?
- ☐ Do you know what your rights for reasonable accommodations are for testing (SAT/ACT)?
- ☐ Have you talked with the clinic's team about communication with student health services at your future school?



Lucas

Madison Clinic Volunteer,
Youth Advisory Board

V. Prepare to Transfer Care to an Adult Diabetes Provider

Eventually you and your pediatric diabetes care team will decide that you have grown to a point where you require an adult provider. This is especially true if you are graduating from high school or college, aging out of pediatric programs, or decide to start having children of your own. This is a big step in your life, as you move from being a “kid” to being treated as an “adult” member of your healthcare team. We expect you to coordinate your appointments and prescription refills and call the diabetes clinic with any problems. During this time, we will help you make the transition to an adult program and discuss how and when this will happen. We need to be sure you are ready to be independent in your diabetes care. Ask yourself...

- Who will be my adult primary care physician and adult diabetes care provider?
- How frequently should I be seen by my new providers?
- How do I communicate issues regarding prescriptions and sugar control with my new providers?
- Are my responsibilities different when I am 19? When I am 21?
- How does my age and student status affect my medical insurance coverage?

DIABETES

- ☐ What laboratory tests and specialist exams will you follow as an adult? How frequently do these need to be checked?
 - ☐ I have records of results from previous annual laboratory tests and specialist exams.

SUPPORT

- ☐ What areas of care do you need to review: nutrition, management of high/low blood sugar, insulin dosing during illness, emergency plan, medications, insurance,...?
 - ☐ I have been connected to the adult diabetes clinic and have an appointment scheduled.
 - ☐ If I become ill and unable to care for myself, I have a back-up plan for diabetes management.
 - ☐ I have a list of emergency telephone numbers to reach my new providers, pump company, family, friends, or roommates.

Emergency Contact Form

NAME	TELEPHONE	RELATIONSHIP
Emergency	911	
		Parent
		Parent
		Friend
		Friend
Madison Clinic	415-514-6234	Dr. Help

Patient Information

Name: _____ Phone: _____

Address: _____

Medical Information

Conditions: _____

Medications: _____

Allergies: _____

Notes: _____

Insurance Information

Payor: _____ Plan: _____

Member ID: _____ Subscriber: _____