



Record Sheet for patients aged **12-13 years** Name:

Instructions for use:

Use this sheet to log the level of knowledge and skill of parents or children (at the older age range, depending on when they were diagnosed).

Competency in achieving goals is defined as follows:

Fully achieved: The patient demonstrates complete competence and confidence in fulfilling the educational goal outlined in the first column.

Partially achieved: The patient has a partial understanding and/or some level of confidence relating to the educational goal.

Educational Goal	Fully Achieved (Yes/NA)	Partially Achieved (Yes/NA)	Goals to work towards		Date & Signature
			Goal	Review date	
Diabetes Knowledge Young people should:					
Be able to explain what type 1 diabetes is and how insulin works					
Have a basic understanding of the digestive system and the pancreas.					
Food Young people should:					
Know which foods and drinks are best to eat to support good health and normal growth.					
Be able to understand food labels for carbohydrate counting and for good health.					
Feel confident in counting carbohydrates in familiar foods.					
Understand that carbohydrate-containing foods can be slow or fast-acting (have a low or high glycaemic index).					



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Food Young people should:					
Be familiar with different forms of food sweeteners if used and be able to recognise names of suitable brands.					
Be able to join in and eat with their friends.					
Exercise Young people should understand that:					
Glucose levels should be checked before exercise, also which readings mean that they need to take a ketone test and which readings mean they need to eat more carbohydrate before exercising.					
Their target glucose pre-exercise is 7-10mmol/L. They should not exercise if ketones are above 1.5mmol/L.					
Daily exercise and activity is good for their health, for feeling well and for their diabetes management.					
They should do some physical activity for at least 60 minutes a day.					
They need to adjust their insulin dose and their food intake to their level of activity.					



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Exercise Young people should understand that:					
They should discuss the importance of testing before, during and after exercise with their parents/ carers and diabetes care team.					
There are special rules about the use of their medication in some competitive sports at regional or national level, and that they need to find out about these.					
Diabetes Technology Young people should:					
Know how to operate any wearable tech for managing diabetes.					
Know how regularly this needs to be changed to remain effective.					
Know where on the body these devices can be worn.					
Be able to insert any devices independently or with minimal assistance.					
Look after this expensive equipment to the best of their ability.					



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Insulin It is understood by all that parents/carers should still continue to supervise the young person's diabetes care. The young person should:					
Be able to take their daily insulin on their own.					
Gradually take over responsibility for changing insulin doses.					
Know that the required insulin doses depend on glucose levels, food intake, and level of activity.					
Know how to adjust the dose of rapid-acting insulin during special events, such as parties.					
Have a good understanding of the relationship between food, exercise and insulin.					
Understand that required insulin doses will increase rapidly during growth spurts.					
Young people who use an insulin pump should:					
Start to learn how to programme their pump with the help of parents/carers.					
Be able to independently perform an infusion set change.					
Be able to inject insulin with a pen in the event of pump failure.					



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Glucose Monitoring Young people should:					
Know the causes and symptoms of high and low glucose levels.					
Be able to interpret and act on their glucose levels.					
Know what glucose level they are aiming to achieve.					
Be able to perform their own blood glucose check with a finger prick and glucose meter if necessary.					
Recognise sensor alarms and what the arrows mean (if applicable).					
Respond to these alarms or inform an adult to respond to these alarms.					
Know their own target for HbA1c value.					
Take part in discussions about interpreting glucose data.					
Be shown their glucose data and /or pump readings, and be part of any discussions about what they mean.					
Hypoglycaemia or HYPO (Glucose level 3.9mmol/L or less) Young people should know:					
The causes of low glucose levels					
How to avoid low glucose levels.					



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Hypoglycaemia or HYPO (Glucose level 3.9mmol/L or less) Young people should know:					
The symptoms of low glucose levels.					
How to treat low glucose levels if they occur, including the need for a snack if a meal is more than 1-2 hours away or if exercising.					
That they cannot always rely on warning signs and symptoms and should check their glucose if possible.					
It is understood by parents/carers that they will have the opportunity to revise how to use glucagon annually, and must check the expiration date of stored glucagon regularly.					
Hyperglycaemia or HYPER (Glucose Level 10mmol/L or more) Young people should know:					
The causes of high glucose levels.					
How to avoid high glucose levels.					
The symptoms of high glucose levels.					
How to treat high glucose levels when they occur.					
The importance of checking for blood ketones in case of hyperglycaemia.					
They can treat their high glucose levels on their own, their parents/carers can help or the diabetes team can help.					



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Hyperglycaemia or HYPER (Glucose Level 10mmol/L or more) Young people should know:					
That puberty and growing hormones can cause raised glucose levels.					
Insulin pump failure / occlusion can cause very high glucose levels within 4 hours.					
Illness It is understood by all that parents/carers are responsible for managing their child's diabetes if the young person is unwell.					
The young person should tell an adult if they feel ill.					
If unwell, they should check their glucose levels.					
If unwell, they should check for the presence of ketones in the blood, even if their glucose is not out of range.					
The results of the ketone test and appropriate action to take should be understood.					
If the young person is unwell, parents/carers should remember what level of blood ketones are acceptable.					
Menstruation Girls should:					
Know that their monthly cycle will impact their glucose levels and short term insulin adjustments will probably be needed.					



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Future Health and Routine care					
Young people should:					
Start to understand why active glucose management is important.					
Understand the need for glucose levels in target to help take care of themselves both now and in the future.					
Start to understand the relationship between HbA1c and protection against longer term health problems and agree an individual target.					
Know that annual blood and urine checks are to monitor the effects of having diabetes.					
Start attending eye checks (retinal screening) to check for damage.					
Eating or Sleeping Away From Home					
The young person should be able to manage their diabetes if eating or sleeping away from home. If parents/carers feel uncertain about this, they should ask any member of the diabetes team for advice.					
Teachers and sports coaches should be trained in diabetes management for residential trips.					
If another adult is supervising, such as a sports coach, the parent/carer should also inform them about the young person's diabetes.					
The young person should carry some form of identification with them, which states that they have diabetes and require insulin.					



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Eating or Sleeping Away From Home					
Use apps or websites to help with carb counting when eating away from home.					
Alcohol					
Young people should:					
Know that drinking alcohol at such a young age has safety risks.					
Be given practical advice on the special rules that apply when drinking alcohol.					
Know how alcoholic drinks affect glucose levels.					
Know that there is an increased risk of hypoglycaemia after alcohol consumption, including while sleeping and particularly after exercise.					
Know what precautions to take when drinking alcohol.					
Know the safest way to manage glucose levels after alcohol, depending on their method of diabetes management.					
Smoking and Vaping					
The young person should know that vaping is not a safe alternative to smoking.					
The young person is aware of the effects that smoking could have on their diabetes and long-term health.					
If they have started smoking, they should know how to get help to stop smoking.					



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Transition to adult services					
You may be invited into the clinic appointment without parents for a few minutes, as part of the transition process to prepare for transferring to the young adult clinic in the future.					
The young person should start to discuss how they will be prepared for transferring from the paediatric diabetes clinic to the young adult diabetes service in the future.					
Emotional Wellbeing Young people should understand that:					
They will have regular opportunities to discuss their thoughts and feelings, including any worries about their diabetes, experiences of bullying or concerns about matters such as body image.					
At least once a year, they will be asked questions about their emotional wellbeing to check whether they need any extra support.					
If they need emotional support or help with managing the impact of their diabetes on their life, they will be offered the chance to talk to the clinical psychologist attached to the team.					



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Emotional Wellbeing Young people should understand that:					
They should know to ask for support from their diabetes team if any aspects of their diabetes care are causing major conflict at home or with friends.					
They can get 'fed up' with diabetes at times or have worries about their diabetes, and that this is quite normal.					

Record any other education provided or notes here:



Authorisation date: Date of next revision

