



Record Sheet for patients aged **14-15 years** Name:

Instructions for use:

Use this sheet to log the level of knowledge and skill of parents or young people (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 It is understood by all that although the young person is taking a greater role in managing their diabetes, parents/carers should still continue to supervise overall diabetes care.					
By now, the young person should thoroughly understand the function of the pancreas and the effect of insulin on the body, and be able to handle all practical aspects of diabetes care.					
If the young person is uncertain about any aspect of their diabetes, they can ask a member of the diabetes team for advice. Alternatively, you can find information on the DigiBete website or app (www.digibete.org)					
Food By now, young people should:					
Know which foods are best to eat for good health and regularly include some slow-acting (low glycaemic index) carbohydrates in their meals.					
Understand that some types of carbohydrate (low glycaemic index) will have beneficial effects on blood glucose.					



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Food By now, young people should:					
Maintain a regular meal pattern, spreading carbohydrates throughout the day and not missing meals.					
Be aware that frequent consumption of less healthy foods or snacks will have a significant impact on body weight and glucose levels.					
Be familiar with different forms of food sweeteners if used, and be able to recognise names of suitable brands.					
Be able to take part in activities involving food with their friends.					
Be able to count the carbohydrate content of foods using suitable resources (including weighing food, books, apps and websites if required).					
Exercise Young people should:					
Know that glucose levels should be checked before and after exercise.					
Know that their target glucose level before sport is 7-10mmol/L, and that they should not exercise if ketones are above 1,5mmol/L.					



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Exercise Young people should:					
Know which readings mean that they need to take a ketone test, and which readings mean that they need to eat more carbohydrate before exercising.					
Know that daily activity, including exercise, is essential for a healthy heart, bone strength and weight management.					
Know that activity and exercise can have a positive impact on their mental health and mood.					
Know how to prevent problems that can happen with their glucose levels during exercise or sport.					
Be learning through experience and the results of glucose testing, how taking part in sport affects their glucose levels and how glucose can affect performance.					
Be made aware of any special rules about the use of their medication in competitive sports at regional or national level.					
Diabetes Technology Young people should:					
Know how to operate any wearable tech for managing diabetes.					
Know how regularly tech needs to be changed to remain effective.					



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Diabetes Technology Young people should:					
Be able to make changes to settings if required.					
When wearing sensors know the significance of the arrows and use to proactively inform treatment decisions.					
Know where on their 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.					
Insulin The young person should:					
Be able to administer their own insulin either with a pen or a pump.					
Be learning how to adjust insulin doses based on glucose levels.					
Have a good understanding of the relationship between food, exercise and insulin (see Alcohol).					
Know that the timing of insulin doses with respect to mealtimes is different with different types of insulin.					



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Insulin					
The young person should:					
Be able to examine and care for their own injection/infusion sites and understand zonal site rotation.					
If using an insulin pump, the young person should:					
Feel confident in entering the carbohydrate values of meals and snacks, and in programming the pump.					
Know how to calculate the dose and to inject insulin in the event of a pump failure.					
Know how to obtain a replacement pump and how to programme it in the event of a pump failure.					
Be confident to perform infusion set changes.					
Glucose Monitoring					
Young people should:					
Know the symptoms and causes of high and low glucose levels.					
Be able to review, recognise patterns, interpret and act on their glucose levels between clinic appointments.					
Know what glucose level they are aiming to achieve.					



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Glucose Monitoring Young people should:					
Be able to perform their own blood glucose check with a finger pricker and glucose meter if necessary.					
Recognise sensor alarms, and what the arrows mean (if applicable).					
Respond to these alarms and take appropriate action.					
Know their own target for HbA1c value.					
Be able to upload or share data with clinic remotely.					
Take part in discussions about interpreting glucose data.					
Hypoglycaemia or HYPO (Glucose Level 3.9mmol/L or less) Young people should:					
Understand the importance of teaching their friends and schoolmates about diabetes precautions, especially the symptoms and treatment of hypoglycaemia.					
Know when and how to treat hypoglycaemia so that they can instruct potential helpers.					
Know the importance of checking their glucose levels after treatment to ensure that a normal glucose level is restored and a further hypo is avoided.					



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Hypoglycaemia or HYPO (Glucose Level 3.9mmol/L or less) Young people should:					
Understand that treatments for hypoglycaemia should be a part of their emergency kit, and they should be able to instruct others in their use.					
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 and symptoms of high glucose levels and precautions to avoid it.					
Know the importance of checking for blood ketones in case of hyperglycaemia.					
Understand the results of the ketone test and know the appropriate action to take. Know the insulin dose required if high glucose and ketones.					
Be able to act on high glucose levels successfully by themselves.					
Review their glucose data between clinic appointments to adjust insulin doses as required.					



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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 if a young person becomes ill, parents/carers are still responsible for their care. Young people should know to do the following in the event of illness:					
Inform an adult if they become ill.					
Regularly check their glucose levels.					
Check to see if ketones in the blood, even if glucose level is not out of range.					
Tell an adult if they find ketones are present in their blood.					
Start to learn how to calculate the extra insulin doses required (with help from their parents/carers).					
Take food and drink, even if they don't feel like it.					
Never stop taking insulin when ill.					



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Illness Young people should know to do the following in the event of illness:					
Participate in public health vaccine programmes.					
Menstruation Girls should:					
Know that their monthly cycle will impact their glucose levels and short term insulin adjustments will probably be needed.					
Future Health and Routine Care Young people should:					
Understand why active glucose management is important to prevent long term health problems.					
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 pressure, blood and urine checks are to monitor the effects of having diabetes.					
Attending eye checks (retinal screening) to check for damage.					
Eating or Sleeping Away From Home					
The young person should now be able to manage their diabetes independently.					



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Eating or Sleeping Away From Home					
As a safety measure, teachers and other adults should be kept informed of the young person's diabetes care.					
As the young person is now socially independent, they should understand that it is advisable for them to carry some form of identification stating that they have been diagnosed with diabetes and require insulin.					
Alcohol Young people should receive advice regarding alcoholic drinks. They need to know that:					
Certain alcoholic drinks contain carbohydrate, and to understand the effect on that these will have on blood glucose.					
There is an increased risk of hypoglycaemia after alcohol consumption, including while sleeping.					
The safest way to manage glucose levels after alcohol, depending on their method of diabetes management.					
They run great risks if they drink too much.					
They may overlook the symptoms of hypoglycaemia.					
The liver will not release its glucose stores in the event of a severe hypo.					



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Because of these risks, they must know to:					
Eat food before or when drinking.					
Consider taking less insulin with food if necessary or if using an automated insulin device consider raising the glucose target level overnight or setting activity mode.					
Tell their friends about the relationship between drinking alcohol and glucose levels to ensure that they do not mistake hypoglycaemia for drunkenness.					
Have a reliable plan for waking up the morning after drinking.					
Smoking and Vaping					
Young person should know that vaping is not a safe alternative to smoking.					
The young person should understand the effects that smoking could have on their diabetes and long-term health.					
If they have started smoking they should be made aware of how to get help to stop smoking.					
Substance Misuse					
The young person should be told of the effects that recreational drugs and substance misuse could have on diabetes control and where advice and support can be found locally.					



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Sexual Health and Pregnancy Young people should:					
Know the importance of practising safe sex and how to access contraception, including emergency contraception.					
Understand that barrier contraception should be used to protect against sexually transmitted infections (STIs).					
Understand that having diabetes does not prevent them from becoming pregnant, but does pose certain risks during pregnancy, and that they must inform their diabetes care team immediately if they suspect that they could be pregnant.					
Accidental pregnancies should be reported to the diabetes team as soon as possible for referral to a specialist service.					
Transition to adult services					
You should be invited into your appointment alone for a few minutes, before being joined by a parent.					
The young person should be able to describe their transition process and work with the diabetes team in setting their own goals.					



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Social Factors Young people should:					
Be able to discuss strategies for management of diabetes during exams.					
Be made aware that there are very few jobs that they cannot do because of their diabetes, but there are some jobs which carry some restrictions for people with type 1 diabetes. You should be aware of these.					
Know that it may be harder for a person with diabetes to get certain types of insurance.					
Be made aware of precautions relating to body piercing and tattooing.					
Emotional Wellbeing Young people should understand that:					
They should 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 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 ask for support from their diabetes team if any aspects of their diabetes care are causing major conflict at home or with friends.					
They should ask help from parents/carers, or the diabetes team if they start to feel any aspects of their care is becoming overwhelming.					
Other mental health problems can have an impact on diabetes management.					

Record any other education provided or notes here:



Authorisation date: Date of next revision

