



Record Sheet for patients aged 16-18 years Name:.....

Instructions for use:

Use this sheet to log the level of knowledge and skill of young people.

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:					
Have a good knowledge of how the body works in order to understand the range of issues that they may face in the future.					
Know about all major body organs such as the heart, kidneys, liver and pancreas.					
Be familiar with the circulatory system, the digestive system and the process through which nutrients are absorbed by the body.					
Understand the action of insulin.					
Food					
Young people should:					
Have an understanding of how good nutrition impacts physical and mental health, including vitamins, minerals and appropriate portion sizes.					
Know to maintain a regular meal pattern, spread carbohydrates throughout the day and not miss meals.					



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Food Young people should:					
Know that frequent consumption of less healthy foods or snacks will have a significant impact on body weight and glucose levels.					
Feel competent at carbohydrate counting when away from home.					
Learn how to cook healthy meals at home.					
Apply the principles of good nutrition to daily situations such as playing sports, eating fast food and going to parties.					
Understand that excess amounts of fat or protein will have adverse effects on glucose levels.					
Exercise Young people should:					
Know that glucose levels should be checked before exercise, which readings mean that they need to take a ketone test and which readings mean they need to eat more carbohydrate before exercising.					
Know their target glucose before sport is 7-10mmol/L and that they should not exercise if ketones are above 1.5mmol/L.					
Understand that daily activity, including exercise, is essential for a healthy heart, bone strength and weight management, even if they don't like sports.					



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Exercise Young people should:					
Be able to apply all relevant exercise precautions to avoid low glucose levels, whether they compete in competitive sporting events or follow an exercise routine, such as jogging or taking long walks.					
Know that activity and exercise can have a positive impact on their emotional health.					
Be made aware of any special rules about the use of their medication in competitive sports at national or international level.					
Insulin Young people should:					
Know the name(s) of the insulin(s) they use and how they work.					
Understand that the timing of insulin doses before meals can have a significant impact on glucose levels.					
Be almost fully independent in matching glucose readings, diet and exercise to appropriate doses of the different insulins they use.					
Have a greater understanding of the relationship between food, exercise and insulin.					
Be able to examine and care for their injection/infusion sites and have an understanding of the need for zonal site rotation.					



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Insulin If using an insulin pump, they should be able to:					
Order supplies.					
Perform an infusion set change, programme the device and use advanced bolus features.					
Know how to connect with a continuous glucose monitor (if applicable)					
Calculate the dose and inject insulin in the event of a pump failure.					
Know how to obtain a replacement pump and how to programme it.					
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.					
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.					



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Diabetes Technology Young people should:					
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.					
Feel confident in operating all their diabetes tech.					
Understand the importance of regular data review to fine tune settings.					
Be able to fine tune settings independently or understand the importance of contacting HCP to discuss.					
Glucose Monitoring The young person must measure and interpret their glucose levels. They should be able to explain:					
The causes of high and low glucose levels.					
The symptoms of high and low glucose levels.					
How to prevent and treat either condition.					



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Glucose Monitoring The young person must measure and interpret their glucose levels. They should be able to explain:					
The long-term implications of glucose levels outside the normal range.					
They should:					
Be able to interpret data from diabetes tech, such as glucose sensors, continuous glucose monitors and insulin pumps.					
Understand that it is important to use glucose readings from sensor technology or blood checks to actively manage their diabetes.					
Be able to share their data with the diabetes staff but to review it themselves between clinic appointments.					
Understand that glucose levels are a tool to help them to manage their diabetes and are not just for the clinic staff.					
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.					



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Hypoglycaemia or HYPO (Glucose Level 3.9mmol/L or less)					
Young people should:					
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.					
Understand that treatments for hypoglycaemia should be a part of their emergency kit, and that they should be able to instruct others in their use.					
Young people should know that they will have the opportunity to revise how to use glucagon annually, and must check its expiration date 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 them.					
Know the importance of checking for blood ketones in case of hyperglycaemia.					
Understand the results of the ketone check and know the appropriate action to take.					
Be able to treat high glucose levels successfully by themselves.					
Review their data with parents /diabetes staff to monitor glucose levels between clinic appointments.					



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Illness					
The young person must be able to take appropriate precautions when they are ill, including more frequent checking of blood glucose and blood ketones, even if glucose levels are not out of range.					
They should know how to adjust insulin to accommodate a fever and how to handle episodes of nausea and vomiting.					
They must realise that it may be necessary to get help from the diabetes care team and have their contact numbers available.					
They should never stop taking insulin during illness.					
They should be aware of preventative medicine such as vaccines.					
Menstruation					
Girls should:					
Know how their own glucose responds to their monthly cycle.					
That insulin doses may need short term adjustments to manage this.					
Future Health and Routine Care					
The young person should know about the different follow-up examinations that are necessary, including:					
Their individualised HbA1c target and what it means.					



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Future Health and Routine Care They should know about:					
Blood pressure monitoring.					
Blood investigations.					
Urine testing for microalbuminuria.					
Checking sensation in the feet.					
Eye examinations.					
They should know why and how these tests are performed, how the results are evaluated and what treatments are possible if any tests show signs of long-term complications.					
They also should know how to arrange their own retinopathy screening and any local arrangements for accessing their annual reviews.					
Alcohol Young people should receive advice regarding alcoholic drinks. They need to know that:					
Different alcoholic drinks have different effects on glucose levels.					
They run significant risks if they drink too much.					
They may overlook the symptoms of hypoglycaemia and mistake them for the effects of alcohol.					
They need to know the safest way to manage glucose levels, depending on their method of diabetes management.					



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Alcohol Young people need to know that:					
There is an increased risk of hypoglycaemia after alcohol consumption, including while sleeping and, particularly, after exercise.					
The liver will not release its glucose stores in the event of a severe hypo (hypoglycaemic episode).					
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.					
Have a reliable plan for waking up the morning after drinking.					
Inform their friends about the relationship between drinking alcohol and glucose levels, so that if they develop hypoglycaemia it is not mistaken for inebriation.					
Wear or carry some ID that states that they have type 1 diabetes.					
Smoking and vaping					
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.					



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Substance Misuse					
The young person should be told of the effects that recreational drugs and substance misuse could have on their mental health and glucose management and where advice and support to stop use can be accessed locally.					
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.					
Be made aware that they can talk to any team member if they have any concerns about sexual dysfunction.					
Understand that having diabetes does not prevent them from becoming pregnant, but that it does pose certain risks during pregnancy and that they must inform their diabetes care team immediately if they suspect they could be pregnant					
If young women become pregnant they will be referred to a specialist diabetes service, irrespective of age, for best health outcomes for mother and baby.					
Understand that having type1 diabetes does not prevent men fathering a child.					



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Travel Young people should:					
Be able to travel independently not only locally but also abroad.					
Be secure in their knowledge of the extra precautions necessary to maintain optimal glucose control while travelling					
Be aware of the importance of optimal glucose control before beginning a trip.					
Be well-informed about special diabetes concerns, such as how to carry and store insulin.					
Know that it is advisable to carry some form of identification stating that they have been diagnosed with diabetes and require insulin.					
Know the importance of taking out travel insurance and the amount of cover they require.					
Know how to care for any diabetes tech when passing through airport security.					
Driving Young people should:					
Refer to the most up-to-date guidelines issued by the Driver and Vehicle Licensing Agency (DVLA), which covers insurance, hypoglycaemia management and carrying identification.					
Be advised about the process for applying for a licence including the declarations that will be required.					



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Transition to adult services					
Young people should:					
Be able to describe the transfer of their care and work with the diabetes team in setting their own goals.					
Start seeing members of the team on their own and feel confident in managing the consultation.					
Be able to discuss any issues around consent and patient confidentiality with their team.					
Start to meet members of their young adult diabetes team.					
Know at what age the transfer to adult services will occur.					
Social Factors					
Young people should:					
Know how to access their general practitioner (GP) and be informed about prescription rules with respect to diabetes care. Be involved in ordering insulin and equipment from the GP and how to order any insulin pump or sensor supplies if not from a GP.					
Start to order and collect their prescriptions themselves.					
Be aware that from the age of 18 years they will require a prescription exemption certificate from their GP.					
Be able to discuss strategies for the management of their diabetes during exams.					



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Social Factors Young people should:					
Know that there are very few jobs that they can't do because of their diabetes, but some jobs will have restrictions and they should be aware of those.					
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.					
Have an understanding of patient confidentiality and the opportunity to contact their team members directly if they wish.					
Feel confident about preparations for University (if applicable) and where diabetes care will be reviewed.					
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.					



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Emotional Wellbeing Young people should understand that:					
Talk to the clinical psychologist or youth work services attached to the team (if available) 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.					
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 for help from their parents or carers or their diabetes team if they feel that any aspect 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

