

Clinic Visit Plan for Children Newly Diagnosed with Type 1 Diabetes

Your child has been diagnosed with Type 1 Diabetes. We need to give you a lot of information and do not expect you to learn this information all at once. You and your child will need to come to the Diabetes Clinic 3 to 4 times in the next month to learn how to care for your child with diabetes.

Instructions if your child is discharged from their Primary Doctor or the Emergency room before the first clinic visit:

- Offer three meals and one to three snacks a day, just like usual.
- Offer 4 ounces (1/2 cup) of juice or 8 ounces (1 cup) of milk to drink **ONLY** with a meal.
- Offer plenty of WATER or SUGAR-FREE drinks such as diet soda without caffeine, Crystal Light®, or sugar-free Kool-Aid®.

The amount of sugar-free fluid your child should have while awake is:

- Child less than 2 years old 2 ounces (1/4 cup) sugar-free fluid each hour.
- Child 2 to 4 years old 3 ounces (1/3 cup) sugar-free fluid each hour.
- Child over 4 years 4 ounces (1/2 cup) sugar-free fluid each hour.

***Do not give your child anything to drink that has added sugar in it such as regular soda, Gatorade®, Kool-Aid® made with sugar, or Hi-C with sugar.**

When you bring your child to the Diabetes Clinic:

Do not feed your child breakfast. He/she will eat breakfast at the diabetes clinic.

Have your child eat breakfast before coming to the clinic.

*******Alert*******

Call your child's doctor, nurse or clinic if you have any questions or concerns. Bring your child to the emergency room right away if your child:

- **Seems confused or does not seem to understand what you are saying.**
- **Is vomiting or has a sick stomach and can not drink fluids.**
- **Seems very tired or you are not able to wake your child up.**

The following pages include your child's clinic visit schedule. You are required to come to these visits to learn how to care for your child. If you have questions or are unable to come to these visits please let a member of the diabetes team know right away.

Day 1 Education completed in the hospital

See check list below for expectations prior to discharge and follow discharge instructions.

Before going home you should understand the following information:

How and when to give an insulin shot

How to use a blood sugar meter
 How and when to check your child's blood sugar
 How and when to check urine for ketones
 How to follow the basic meal plan
 When and how to call the diabetes doctor
 When and how to come to the diabetes clinic

After you are discharged from the hospital your first visit in the diabetes clinic will be considered Day 2

□ **First visit-Day 1 in clinic:** _____ **(Date and Time)**

***You will be here about 5 hours. It is important for all caregivers to come on this day for education.**

(Day 1 classes are held Monday through Friday at 7:30 AM)

The Doctor your child will see is: _____

(If you need to get a referral to see a specialist for your insurance company, notify your child's primary doctor to start the referral process.)

- You will need to fill out a family history.
- Your child will have labs done if these were not done prior to this visit.
- You will meet with an Endocrinologist (Diabetes Doctor).
- You will spend most of the morning with the Diabetes Nurse Clinician.
- A home health nurse will be set up through your insurance to come to your home for visits the first few days to help.
- You will be given a prescription to bring to a pharmacy for supplies and a blood sugar monitor. You may receive a second meter from the clinic if supplies are available.

Before going home you should understand the following information:

How and when to give an insulin shot
 Proper storage and disposal of insulin and sharps
 How to use a blood sugar meter
 How and when to check your child's blood sugar
 How and when to check urine for ketones
 How to follow the basic meal plan
 What is needed to get back to school and work
 When and how to call the diabetes doctor
 When to come to the diabetes clinic next

Second visit-Day 2: _____ **(Date and Time)**

***You will be here about 4 hours. It is important for all caregivers to come on this day for education.**

(Day 2 classes are held Mondays and Thursdays at 8:30 AM)

- You will meet with a Diabetes Nurse Clinician.
- You will meet with the Social Worker about coping with diagnosis of diabetes and the resources.
- You will be given school information if you have not received this already.
- You will be given prescriptions if you have not received this already.

- You will receive an insulin adjustment if needed.

Please bring:

“Caring for Kids with Type 1 Diabetes” Care Notebook
 Blood sugar/insulin log book
 Blood sugar monitor
 Insulin and supplies to give shot
 Questions you have for the Diabetes Team
 Food for snacks or meals
 Family medical leave papers and school excuses

Before going home you should understand the following information:

Signs and symptoms of high and low blood sugars.
 How to treat high and low blood sugars.
 How to avoid high and low blood sugars.
 What to do in emergencies.
 Long term complications.
 Any information not received in Day 1.

Third visit-Day 3: _____ (Date and Time)

***You will be here about 4-5 hours. It is important for all caregivers to come on this day for education. If your child is less than 7 years of age and you have alternate child care, you do not need to bring your child to this visit.**

(Day 3 classes are held Wednesdays and Fridays at 11:00 AM)

- You will meet with the Nurse Practitioner.
- You will meet with the Lead Nurse Clinician.
- You will meet with the Dietitian.
- You will receive new meal plan and dosing guidelines.

Please bring:

“Caring for Kids with Type 1 Diabetes” Care Notebook
 Blood sugar/insulin log book
 Blood sugar monitor
 Insulin and supplies to give shot
 Questions you have for the Diabetes Team
Your lunch and your child’s lunch-you will need to stay in clinic over the lunch hour

Before going home you should understand the following:

How to administer flexible insulin dosing.
 How to reach us, how often to contact us, and what follow up appointments are needed.
 How insulin and food work together, counting carbohydrates and flexible meal planning.

Fourth visit-Day 4: _____ (Date and Time)

***You will be here about 3 hours. If your child is less than 7 years of age and you have alternate child care, you do not need to bring your child to this visit. This is your 4th and final class in the basic education series.**

(Day 4 classes must be completed within 8 weeks of diagnosis)

- You will meet with a Diabetes Nurse Clinician in a class setting.
- Blood sugars will be reviewed and dose adjustments will be made as needed.

Please bring:

Blood sugar/insulin log book

Questions you have for the Diabetes Team

Before going home you should understand the following:

What to expect during follow up clinic visits

What labs your child has and will receive.

Review of low blood sugars and how to make adjustments in treatment for lows with activity.

Importance of log keeping, understanding dosing terms and what to do for missed doses.

Sick day basics.

Importance of site rotation.

Basic problem solving around school or work issues.

Travel information.

Diabetes and non-diabetes related follow up needs and management of daily activities.