

Young Adults Diabetes Clinic (YADs)

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Welcome

Welcome to the Royal Melbourne Hospital (RMH) YADs clinic. We hope that the following information answer some of your questions about the clinic and helps to re-assure you that coming to the 'big peoples' clinic is nothing to worry about. In fact, it's a friendly place and provides you with the opportunity to meet other young people with diabetes. Our fantastic team will also do their best to assist you to gain the skills needed to self-manage your diabetes.

- YADS clinic is designed specifically for young people with diabetes who are aged between 18-25yrs.
- The clinic is located in 1 Centre (1st floor of the Main Building, RMH)
- The clinic runs from 4.30pm – 7.00pm on the 1st and 3rd Thursday of every month



Getting there

Parking is available in the hospital car park, which is accessible via Royal Parade. Please be aware that parking in the car park does tend to be quite expensive. Meter parking is available on Royal Parade and Flemington Road. There is also meter parking available on Villiers Street, Wreckyn Street and Blackwood Street, all of which run off Flemington road and are only a short walk to the hospital.

Public Transport

Trams run frequently to and from the city and include routes: No. 59, No. 55 and No. 19. Bus Route 401 runs between RMH and North Melbourne train station. Buses run every 10 minutes.

Checking In

The clinic is located in **1 Centre**. From the main lift foyer, take the stairs or lift to the 1st floor. On arrival, please check in at Reception.

Once you have checked in (and before you see the doctor), we would like you to go to Melbourne Private Pathology to have an HbA1c test. This is done via a simple finger prick test. The result will be given to you immediately, so you can bring it with you to your appointment. You are not required to pay for the test; it will be bulk billed using your Medicare card.

Directions to Melbourne Private Pathology are as follows:

From the main lifts on the ground floor (3) follow the blue line to Melbourne Private (7) and RMH car park. Melbourne Health Pathology is located on your right, just before the car park. Once you have your HbA1c result, follow the blue line back to the main lifts and take the stairs or lift back to the 1st floor.

Please identify yourself

We'd like the opportunity to meet you and say hello. There is a diabetes educator at every clinic, please seek us out and tell us if it is your first time at RMH. We can show you around and help you with any questions or needs you might have. We'd also like to make sure that you are provided with contact details for your new diabetes team.

How long can I expect to wait?

As RMH is a busy public hospital there are occasionally waiting times for your appointment. While we always endeavour to keep waiting times to a minimum, it's a good idea to bring a book, iPad/tablet device or some homework to pass the time.

Who will I see?

There are usually seven doctors who attend the clinic; one of these is a doctor from the Royal Children's Hospital (RCH) who you may have seen before. For your first clinic appointment you will most likely see the doctor from RCH. For your subsequent appointments you will see one of the Royal Melbourne Hospital doctors. For consistency, we endeavour for you to see the same doctor each visit. Occasionally your doctor may be away and you might see a different doctor.

You will also have access to a diabetes educator and dietitian at the clinic. Please be aware that appointments are limited. If the diabetes educator or dietitian is not able to see you on the day you attend the clinic, an outpatient appointment can be made. The diabetes educators also offer phone contact should you require assistance with insulin dose adjustments.

Preparation – what to bring?

- Your blood glucose meter
- Your blood glucose diary/record book
- Your favourite hypo food
- Something to pass the time (in case you have to wait) e.g. book, homework, iPad/tablet device
- A friend or relative, if you wish

If you are on an insulin pump, we encourage you to upload your pump prior to your appointment. If, however, you are unable, or you forget to upload prior to your appointment, the diabetes educator or doctor is able to do this for you in the clinic. Try to ask the diabetes educator to help you with this **before** you go in to see the doctor.



Tests/pathology

The doctor you see may provide you with requests slips for various other pathology/tests including blood tests, kidney tests and eye tests which you will need to have done either at your current appointment or prior to your next visit to clinic.

Blood tests can be done at RMH Outpatient Pathology on the 1st floor. Pathology opening hours are: **8.00am to 4.00pm** Monday to Wednesday, **8.00am to 8.15pm** Thursday and **8.00am to 4.00pm** Friday. Urine sample bottles can also be collected and returned here.

Eye (fundal) photos are taken at Medical Illustration on the 1st Floor of the hospital. It is a good idea to call the phone number on the request slip to ensure you get an appointment. Medical illustration is equipped with a 'non-mydratic' camera. This means that you will not need to have drops put in your eyes before having your photos taken. Your vision therefore won't be affected after having eye photos at RMH.

Access to equipment and information

During the clinic we can provide you with record books, new blood glucose meters, new pens and other equipment as required. Various types of diabetes-related information will also be available for you to access. This includes general information on diabetes, as well as specific information on things such as pregnancy planning, sick day management, travelling with diabetes, insulin pumps, continuous glucose monitoring systems, bolus advisor blood glucose meters and carbohydrate counting.

Follow up

Your doctor will determine the frequency of your appointments in clinic. If the reception is unattended when you are ready to leave, please place your appointment request slip in the tray available. Another appointment will be sent to you in the mail. If you need to cancel or re-book an existing appointment, please contact the appointment desk during business hours on (03) 9342 7393

A note for parents and significant others

We acknowledge that this probably feels like a big step for you too. You are an important person in supporting your loved one to achieve their goals for their diabetes as well as reach their potential as a young adult. Coming from a children's service to an adult service will likely mean your role changes a little as you take more of a 'back seat' while your loved one gains the skills and confidence to be independent with their diabetes management (if they are not already).

Before coming to RMH, we suggest having a chat with your loved one who has diabetes about:

- What sort of role they would like you to take now that they are attending an adult service
- Whether or not they are comfortable with you sitting in on their appointment
- How can you best support them while they are juggling all the changes in their life (work, study, experimenting, socialising) with looking after their diabetes.

Please feel free to ask our team if you need anything and see below for some great resources specifically for you.

More information

Visit our website

For more detailed information on the transition process at RMH, please visit our website:

<https://www.thermh.org.au/diabetes-education>

Links from our website include access to diabetes information specific to teenagers and young adults.

We are now on Facebook



'Like' us on Facebook (*Royal Melbourne Hospital – Diabetes and Endocrinology Service*), to receive regular updates on new products and medications, diabetes friendly recipes, news about diabetes research trials and clinic appointments reminders.

Questions

If you have any further questions, please don't hesitate to ask either your doctor or one of the diabetes educators. We are all very friendly and are here to help.

Contact

To make or change appointments:

Specialist Clinics
The Royal Melbourne Hospital – City Campus
1 South – Main Reception, Level 1, South Wing
Grattan Street, Parkville Victoria 3050
Phone: (03) 9342 7393

For more information:

Diabetes Education Service
Department of Diabetes and Endocrinology
The Royal Melbourne Hospital – City Campus
Room 401, West Wing Level 4
Grattan Street, Parkville Victoria 3050
Phone: (03) 9342 2600
Email: diabeteseducationservice@mh.org.au

Practitioner / Patient notes

Department of Diabetes and Endocrinology | DAE05.01B | Diabetes Education Manager | Expiry October 2018



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