

Other clinic numbers

- Appointment Line (206) 987-2640, option 1
- Insulin Dose Adjustment Line (206) 987-5452
- Nursing Line (206) 987-2640, option 4
Fax (206) 987-2720
- Dietitian (206) 987-1620
- Social Worker (206) 987-2167
- Office Administration (206) 987-5037

Diabetes classes

We offer education classes for clinic families. To schedule an outpatient class with a diabetes educator, dietitian, social worker and/or psychologist, please call the appointment line.

We also offer a group insulin dose adjustment class once a month. Please call the appointment line to schedule.

TO LEARN MORE

- Endocrinology (206) 987-2640
- Your Child's Health-Care Provider
- www.seattlechildrens.org

Seattle Children's will make this information available in alternate formats upon request. Please call the Family Resource Center at (206) 987-2201.

This handout has been reviewed by clinical staff at Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's health-care provider.



Welcome to the Diabetes Clinic

Your child has been referred to the Diabetes Clinic at Seattle Children's. By now, your appointment has been set. Please come 15 minutes early to your appointment. Register at the Reception Center at the 6th floor Whale entrance.

If you need to cancel or reschedule, please call the appointment line right away so that another patient can use your appointment time.



What is the Diabetes Clinic?

This “clinic” is a program designed to meet the needs of children and teens with diabetes and their families. We have an outstanding team of staff who work together to provide comprehensive care for your child. At each visit, you may meet with several members of the diabetes team, including clerical staff who book appointments, medical assistants, certified diabetes educators (nurses and dietitians), pediatric nurse practitioners, physician assistants and pediatric endocrinologists (doctors who specialize in childhood diabetes). In addition, family support staff (social workers and psychosocial nurse practitioners) can assist your child and family in adjusting to diabetes. They can also provide information on resources. The names of our staff are listed on the back of this pamphlet.

What should I bring to the visit?

We ask that you bring the following:

- Blood testing meter
- Logbook (blood sugars and insulin doses)
- A meal plan
- A snack if your child’s snack time is during the visit
- A list of all medicines your child takes, including medicines you buy without a prescription, such as cold and cough medicines, ibuprofen, vitamins, herbs and naturopathic supplements.

What happens at the clinic visit?

First, a nurse or medical assistant will take your child’s blood pressure, heart rate, weight and height. You and your child will then go to a room where a diabetes educator will take a history, review blood sugars, assess education needs

and answer questions. An HbA1c test will be done in the Clinic. This is done through a “finger poke.” A diabetes provider will examine your child, review blood sugars, adjust insulin if necessary and answer questions. If this is your first visit, you will see the dietitian, social worker and diabetes nurse educator. You may schedule separate follow-up appointments with a dietitian, social worker or diabetes educator if needed.

When a child is first diagnosed with diabetes, we see him within two to three weeks after hospitalization. After that, we see most patients every three months, more often in some cases.

Who do I call?

Insulin dose adjustment

You may call the insulin dose adjustment line for help in changing your child’s insulin dose. Please call Monday, Wednesday or Friday before 11 a.m. Call (206) 987-5452 or (866) 987-2000 and ask for the insulin dose adjustment line. Leave your name and a phone number where we can reach you, and you should receive a return phone call between 10 a.m. and noon. You will need to have with you the last three days of blood sugars and insulin doses. This line is for routine dose adjustments, not emergencies.

Sick child

If your child is sick (has vomiting and/or ketones), please call the paging operator at (206) 987-2000 and ask that a diabetes nurse be paged. If one is not available, ask for the diabetes doctor to be paged.

For illness not related to diabetes and/or not affecting your child’s diabetes, please contact your primary care provider.