

Cystic Fibrosis Related Diabetes (CFRD)

Your child has been referred to the Diabetes Service by the Cystic Fibrosis (CF) team, as your child has been diagnosed with Cystic Fibrosis Related Diabetes (CFRD). We aim to work with you to ensure your child or adolescent has a coordinated care experience. This information sheet outlines the service you can expect to receive from the diabetes team.

About this service

The PCH diabetes service aims to:

- Be family centred
- Promote self-management of CFRD.

Like the Cystic Fibrosis team, the Diabetes Service is made up of several health professionals who work together to look after patients with CFRD. Members of the diabetes team include:

- **Diabetes Nurse Educator** – provides education on the management of CFRD. They can help with insulin adjustment and will be an important contact for you and your child in the future. During your education they will help you with an action plan for your child's return to school
- **Doctor** – responsible for choosing and changing the type of insulin used to treat CFRD, and reviewing the ongoing health of your child or adolescent
- **Dietitian** – has specific knowledge of the dietary needs for children and adolescents with diabetes. They will liaise with your CF dietitian to assess if any changes are necessary.
- **Social worker** – understands the complexity of caring for a child or adolescent living with a chronic illness and can liaise with the CF social worker to support you through any challenges you may be facing.

How does the Diabetes service fit in with my child's CF care?

It is understood that you already have a team of health professionals caring for your child/adolescent. The diabetes doctor and nurse educator will work closely with your CF team to make sure your child's care is co-ordinated.

The diabetes team will not make any changes to your child's CF care. Their role is to manage the diabetes related issues and you will continue to see your CF team as usual. For instance the CF dietitian and social worker will continue to support your family and liaise with the diabetes dietitian and social worker as required.

Contact details

To contact CF staff, please call the Respiratory Department on **6456 4235**.

To contact diabetes staff, please call the Diabetes Department on **6456 6111**.

After hours and on weekends, there is a diabetes emergency paging service available, please call **9438 6959**. A message will be taken and sent to the on-call diabetes doctor who will return your call. You may wish to use this service when your child is unwell.

What happens now?

After the diagnosis of CFRD has been made, the diabetes team will arrange for your child or adolescent to come into hospital for a **3-5 day ward admission**. This will allow your child's blood glucose levels to be monitored overnight for this period.

In addition, this is an education period, rather like when your child was first diagnosed with CF. It allows you to meet the diabetes team and for you and your child to receive information about CF related diabetes, and how to manage it. During this education period you and your child/adolescent will learn how to:

- Check blood glucose levels
- Administer insulin injections
- Recognise and treat hypoglycaemia (low blood glucose levels)
- Introduce dietary changes for cystic fibrosis related diabetes
- Manage your child/ adolescent when they are unwell.

Attending diabetes outpatient clinics

Once your child/ adolescent has been discharged from hospital, the diabetes team with a specialist interest in CFRD will see your child in PCH outpatient clinics about 4 times a year (depending on your child's needs).

- For children aged under 14 years old, clinics are run on **Thursday and Friday morning** in the Endocrinology and Diabetes Department in Clinic D (level 1) at PCH
- If your child is aged 14 years and older they will be seen in a dedicated adolescent clinic held on a **Thursday afternoon** in Clinic G (level 1) at PCH.



Government of **Western Australia**
Child and Adolescent Health Service

This document can be made available in alternative formats on request for a person with a disability.

Child and Adolescent Health Service

15 Hospital Avenue, Nedlands WA 6009

Telephone: (08) 6456 2222

Produced by Endocrinology and Diabetes

Ref: 832 © CAHS 2018

Disclaimer: This publication is for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.
© State of Western Australia, Child and Adolescent Health Service