nova scotia health authority

Diabetes Care Program of Nova Scotia

ADDRESSOGRAPH/LABEL

DIABETES EDUCATOR TRANSITION CHECKLIST

Place on chart when the child turns 13 years old. If older than age 13, place on chart when diagnosed. The Diabetes Educator is to sign and date when the adolescent verbalizes/demonstrates acquisition of knowledge and skills related to the following:

Age (yrs)	Topics	Date MM/DD/YYYY	Initial	Date MM/DD/YYYY	Initial	Date MM/DD/YYYY	Initial
13-15	DIABETES MANAGEMENT						
	☐ Blood Glucose Monitoring						
	☐ Insulin Management						
	☐ Nutrition/Healthy Choices/ CHO Counting						
	☐ Physical Activity/Exercise						
	☐ Hypoglycemia						
	☐ Glucagon						
	☐ Sick Day Management						
	ADOLESCENT ISSUES						
	☐ Puberty/Hormones						
	☐ Sexual Health/Contraception						
	☐ Planned Pregnancy						
	☐ Smoking/Drugs/Alcohol						
	☐ Driving						
	☐ Travel						
	☐ Mental Health/Stress/Depression						
15-17	LONG-TERM COMPLICATIONS/SCREENING						
	☐ Retinopathy/Eye Exams						
	☐ Nephropathy/Albumin Creatinine Ratio						
	☐ Neuropathy/Sensation Loss/GI/ Sexual Health						
	☐ Foot Inspections						
	☐ Heart Health Risk Factors						
	☐ Recommended A1C target						
	HEALTH CARE						
	☐ Recommended Frequency of Follow-up						
	☐ Flu Vaccine/Immunizations						
	☐ Family MD role/Allied Health Professionals						
	☐ Filling Prescriptions/ Ordering Supplies						
	☐ Health Plan/Insurances						

(see other side)

DIABETES EDUCATOR TRANSITION CHECKLIST (CONT'D)

Age (yrs)	Topics	Date MM/DD/YYYY	Initial	Date MM/DD/YYYY	Initial	Date MM/DD/YYYY	Initial
17-18	TRANSITION						
	☐ Adolescent Knowledge & Skills Checklist						
	☐ College/University/Career Plans						
	☐ Living on Own/Moving Away						
	☐ Provided Transition Handbook						
	☐ Adult Diabetes Centre: What to Expect						
	☐ Introduction to Adult DC/Team						
	☐ Complete/Forward Transition Summary						
	☐ Appointment Date for Adult DC						
	☐ Discuss Role of the Transition Consultant						

(Place an asterisk (*) by the topic to indicate knowledge/skill deficits at time of transfer).

COMMENTS:

Signature	Initials	Signature	Initials
Signature	Initials	Signature	Initials
Signature	Initials	Signature	Initials
Signature	Initials	Signature	Initials
Signature	Initials	Signature	Initials