

Young Adults Diabetes Service (YADS) Clinic at Western Health:

Young Adults Diabetes Service (YADS) is a clinic for people with type 1 and type 2 who are between 15 and 25 years old. Patients will transition from paediatric care to adult care *within* this service around the age of 17. The clinic operates once a month on a Thursday afternoon with appointment times from 4pm to 6:30 pm. Patients will be triaged by Consultant Endocrinologist into management pathways according to specific clinical requirements:

The YADs clinic is staffed by:

- Paediatric Endocrinologists (to see patients 15-18yo; new referrals up to 17yo)
- Adult Endocrinologists (18yo – 25yo; new referrals from 17yo)
- Diabetes Nurse Educators (DNE)
- Dietitian
- Social Worker
- Clinic nurses to assist with point of care (POC) HbA1c, height, weight, blood pressure.

People attending YADS may have been attending the Diabetes Service at Western Health or may have been referred externally from another doctor or clinic.

Note: New patient referrals will be accepted prior to their 24th birthday, for patient older than 24 years please refer to Adult Diabetes services.

These referral guidelines are for Paediatric Specialist Clinics provided at Joan Kirner Women's and Children's at Sunshine Hospital only.

Conditions not seen at YADS Western Health:

- Patients with diabetes >25yo – please refer to Diabetes clinic - [Diabetes \(westernhealth.org.au\)](https://www.westernhealth.org.au)
- Patients without diabetes (e.g.: insulin resistance, pre-diabetes, polycystic ovarian syndrome, obesity)

YADS Alarm symptoms:

All newly diagnosed/suspected cases of diabetes in adolescent/young adult diabetes should be directed to the emergency department or discussed with the on-call endocrinology registrar via hospital switchboard on 03 8345 6666.

- The following symptoms should trigger referral to Emergency Department - Suspicion of diabetic ketoacidosis (DKA) e.g. abdominal pain, nausea and vomiting, dehydration, significantly elevated ketones:
- Hypoglycaemia resulting in unconsciousness.

Access & Referral Priority for YADS:

The clinical information provided in your referral will determine the triage category. The triage category will affect the timeframe in which the patient is offered an appointment.

URGENT

Appointment timeframe 30 days.

Note: YADs clinics operate monthly. For all Urgent referrals please call Endocrinology Registrar via switch.

Some referrals may receive priority, and we will endeavor to see these within 60 days.

- Recently diagnosed Type 1 diabetes (already started insulin therapy – phone call to Endocrine Registrar should be made **8345 6666 and page**)
- Symptomatic Type 2 diabetes despite recommended diabetes management [RACGP - Introduction](#)
- History of hypoglycaemia requiring assistance of another person or repeated symptomatic hypoglycaemia
- Surgery planned at Western Health (or Western Health patient with planned cardiac or neurosurgery at a Victorian public hospital) in the next 6 months with HbA1c above 9%.

ROUTINE

Appointment timeframe greater than 30 days, depending on clinical need.

- Patients with Type 1 diabetes and HbA1c less than 10% (86 mmol/mol)
- Patients with Type 2 diabetes and HbA1c above 10%
- Patients with Type 1 or 2 diabetes transitioning from a Paediatric Diabetes Service
- Patients with Type 2 diabetes with suboptimal control, with or without complications (HbA1c above 8.0% (64 mmol/mol))
- Patients discharged from inpatient care in previous 4 weeks, (rapid access diabetes service / insulin stabilisation service)

Condition Specific Referral Guidelines:

Key information enables Western Health to triage patients to the correct category and provide treatment with fewer visits to specialist clinics, creating more capacity for care. **If key information is missing, you may be asked to return the referral with the required information.**

Condition:	Key Information Points:	Clinical Investigations:
Diabetes	<ul style="list-style-type: none"> • List of all current medications and doses • Details of macrovascular (IHD, stroke, PVD) and microvascular complications (e.g. neuropathy, retinopathy) • Details of most recent eye review • Contact details of other involved health care professionals 	<ul style="list-style-type: none"> • HbA1c – recent and previous trend • TFTs/coeliac screen (for T1DM) • Diabetes antibodies for new diagnosis T1DM • A copy of recent investigations including diabetes complications screening <p>External referral: must be included with referral.</p> <p>Internal referral: must be completed with referral or pending on EMR.</p> <p>* Please ensure 'Endocrinology OP YADS referral' requested for internal referrals.</p>