

## INFORMATION FOR PATIENTS, PARENTS, GUARDIANS AND CARERS

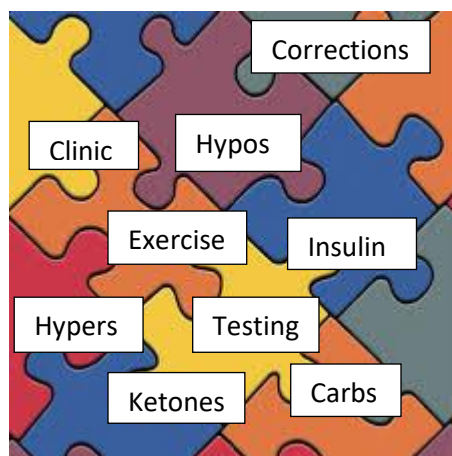
# Paediatric diabetes

## Diabetes control and recommended targets



Achieving optimal control of your diabetes is important so that you can be healthy now and stay healthy for years to come. This will allow you to feel well on a day-to-day basis and to grow and develop appropriately. It will reduce the risk of developing damage caused by diabetes when you are older.

This leaflet will explain why regular monitoring of your glucose levels is so important and the recommended targets to aim for. It will explain how the team will measure your control when you are reviewed and when you come to your clinic appointments.



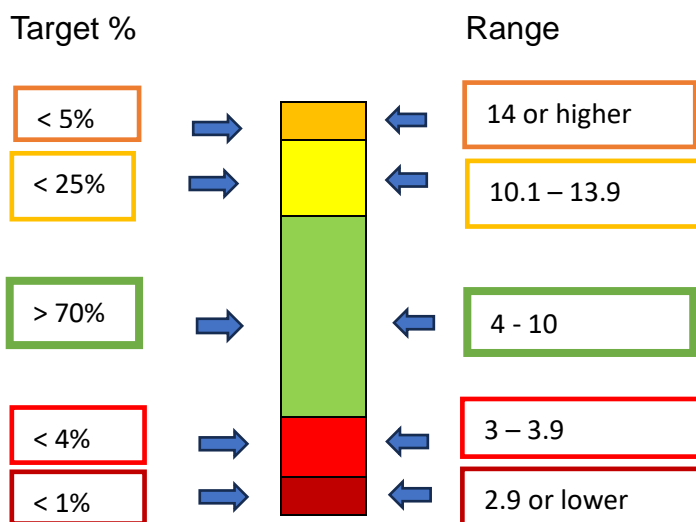
Managing your diabetes every day can be like a jigsaw puzzle. There are many aspects of day to day living that affect your glucose levels and getting them all to fit together in the right place can be difficult.

The only way you will know how you are getting it right is by monitoring your glucose levels regularly, whether this is by regular review of your glucose sensor or by doing finger prick tests. Using the information from glucose monitoring will help you to learn how food, exercise, stress, and insulin doses etc., can affect your glucose levels and, if needed, how you can change what you are doing to improve your diabetes control. The diabetes team are here to support you with this.

Research has shown that maintaining adequate control of your diabetes can minimise your risk of long-term damage. It has shown that continued poor control of your diabetes can significantly increase the risk of damage to your eyesight, kidneys, heart, nerves and potentially cause limb loss when you are older.

An effective way that your diabetes team can measure your control and management of your diabetes is by measuring your HbA1c and assessing your 'Time in Target' range.

### Time in range (mmols/l)

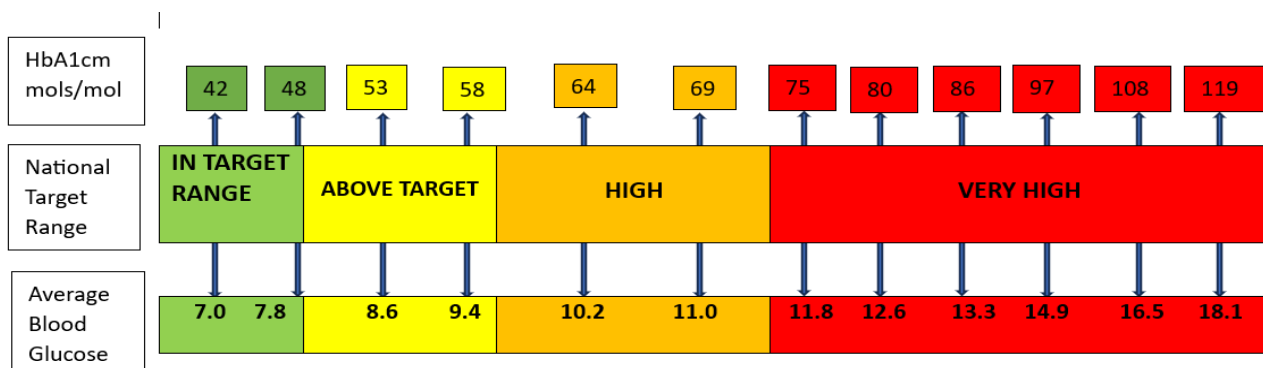


Time in range is the amount of time you spend in a target glucose range of 4 to 10 mmols/l. Aim for this to be 70% and above.

Ideally you still want to aim for a treatment target glucose of 4 to 8 mmols/l. Aim for this to be above 50%.

### HbA1c (mmols/mol)

Your HbA1c will be measured every three months when you attend your clinic appointment. A finger prick blood sample is obtained and put into a special machine to give your HbA1c result. Glucose in your blood sticks to your red blood cells and your HbA1c measures how much glucose has stuck over the past three months. The more your glucose levels are in target the lower your HbA1c result will be. You are aiming for your HbA1c to be **48mmols/mol or below**.



**Aiming to get your glucose levels in target range for 70% of the time and above and maintaining your HbA1c at 48mmols/mol or below will mean you are managing your diabetes well and reducing your risk of complications when you are older.**

## Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

## Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet (if relevant) please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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