

PATHWAY FOR DIAGNOSING TYPE 1 DIABETES

IN CHILDREN

If a child presents with any symptom of diabetes*:

- passing urine frequently/bedwetting in a previously 'dry' child/heavier nappies
 - excessive thirst
 - excessive tiredness
 - weight loss

Perform capillary blood glucose testing immediately

Random blood glucose level > 11mmols/l

YES

Refer to specialist paediatric diabetes services the same day

NO

Consider other causes of symptoms

*Less common symptoms may also indicate diabetes:

- constipation
- oral/vulval thrush

Note: In children under the age of two, symptoms may not be immediately obvious and the child may appear to be unwell with less specific symptoms. If in doubt, perform capillary blood testing immediately.

DiABETES UK
CARE. CONNECT. CAMPAIGN.

500 children every year become seriously ill with diabetic ketoacidosis because the early signs of Type 1 diabetes are missed.

Type 1 diabetes in children and young people – the facts

- There are approximately 26,500 children with Type 1 diabetes in the UK.
- Approximately 2,000 children are diagnosed each year.
- 25% of children are not diagnosed until they are in diabetic ketoacidosis (DKA) because the early symptoms of diabetes are missed. This rises to 35% in the under 5s.
- The peak age for diagnosing Type 1 diabetes is 10–14, but it is the under 5s age group which has seen the steepest rise in recent years.
- DKA requires intensive medical intervention and is not only extremely traumatic for the child and family but also very costly to the NHS.

Help us raise awareness of the 4 Ts of diabetes

Diabetes UK is raising awareness of the most common signs and symptoms to look out for – what we're referring to as the **4 Ts** of diabetes (**Toilet, Thirsty, Tired, Thinner**). We believe that everyone who knows a child, of any age, should be aware of the **4 Ts** of diabetes, remember them and know what to do if they spot them.

We have produced posters and flyers which outline the **4 Ts**, and are available for healthcare professionals to use locally. To order these, and for more information on our campaign, visit www.diabetes.org.uk/The4Ts or call **0800 585 088** (Monday to Friday, 8am to 6pm).