



Children's Diabetes Clinics



Information about the
Children's Diabetes Clinics
Forth Valley

Written by Anne Farmer and the Children's Diabetes Team
Updated July 2025

Your Children's Diabetes Team

The children's diabetes team is a group of health professionals specialising in different areas of diabetes care. We all work closely as a team.

Meet the Forth Valley Children's Diabetes Team

Medical Staff



Dr Sabine Grosser
Consultant Paediatrician



George Nagiub
Associate Specialist

Children's Diabetes Nurse Specialists



Kerry Mitchell



Julie Lucas



Mandy Kinghorn

Dietitian



Anne Farmer

Clinical Psychologist



Joanne Crockett

Nursing Assistant/Admin Support



Colette Ross

Clinics

There are several different types of clinics for children with diabetes. We ask that you attend a clinic approximately every 3 months.

If you are unable to attend any appointments it is important that you let the appointments department know as soon as possible so that someone else can use your appointment.

New Patient Clinics

These clinics are held on a Wednesday morning in Forth Valley Royal Hospital.

Once you have been diagnosed with diabetes you will have an appointment to attend this clinic within approximately 6-8 weeks. At this clinic you will be able to spend some time with the Doctor, a Diabetes Nurse and will also meet our psychologist Joanne Crockett.

Diabetes Clinics

We run diabetes clinics on Mondays, Wednesday, Thursdays and Fridays across Forth Valley Royal Hospital, Stirling Community Hospital or Clackmannan Community Hospital. We will try to see you in the location most convenient to you in terms of transport.

Your appointment is 45 minutes long and you will be seen jointly by one of the doctors and the diabetes nurse or dietitian.

In clinic, the whole family continues learning how to manage diabetes.

Diabetes Young Person Clinics

These clinics are for children aged between 14 and 16 years. The clinics are held in the **Adult Outpatient Department** at Forth Valley Royal Hospital. In these clinics you will meet the adult diabetes team in preparation for moving up to the young adult diabetes clinics.

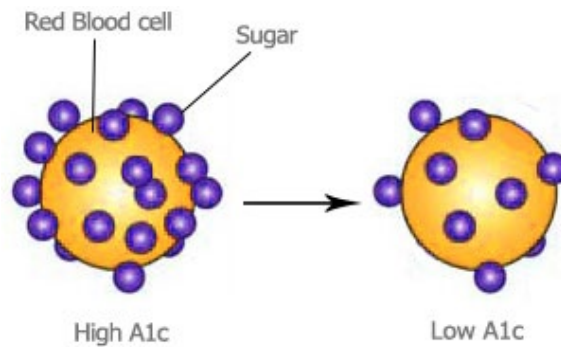
What goes on in the Clinics?

At each clinic you will have your weight and height checked to make sure you are growing properly. You will also have your HbA_{1c} measured – see below.

We will ask you what you would like to discuss – anything you are finding tricky or positive. We will review your fingerprick and sensor numbers, look at trends and make changes to your settings and doses if needed.

What is the HbA_{1c}?

HbA_{1c} is a finger prick blood test. It measures the amount of glucose in the blood that is stuck to haemoglobin (the red blood cells). It is also called glycosylated haemoglobin. The more glucose in your blood, the higher your HbA_{1c} measurement will be. Your HbA_{1c} result gives a measure of what your average blood glucose levels have been over the previous 2 – 3 months.

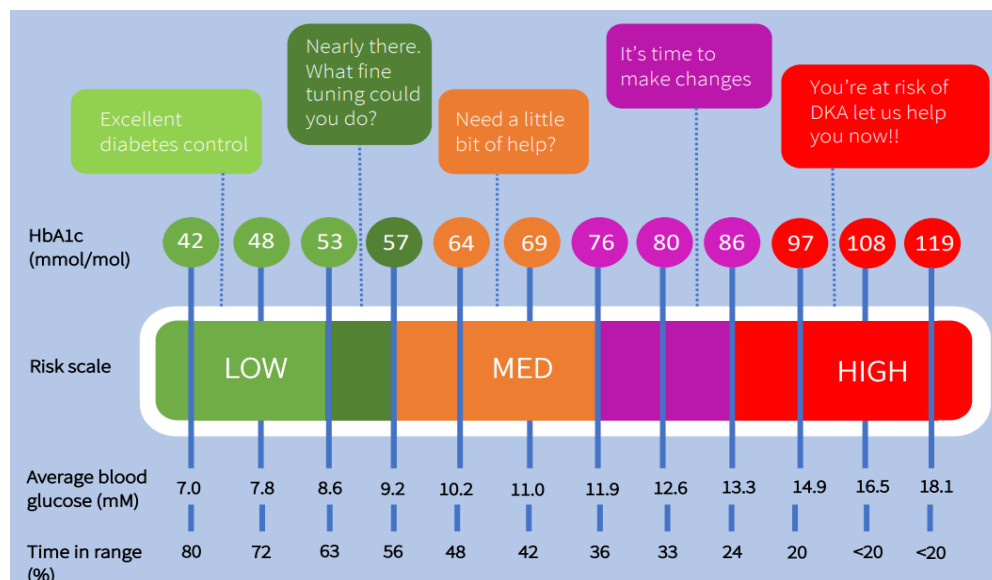


The higher your HbA_{1c}, the higher the risk of both short term and long term health concerns caused by your diabetes.

The target for your HbA_{1c} is 48-58 mmol/mol.

To achieve this, your average fingerprick blood glucose readings should be 8mmol/L or less.

On your sensor, you should aim for time in target (green range) of 70%.



What do you need to bring with you to clinic?

Everyone manages their diabetes in different ways, and have different priorities at different times e.g. school trips, exams, holidays etc. Your diabetes team are here to help and support you and your family, to enable you to manage your diabetes as best as you can.

In order for us to help you with your diabetes care it is important that you bring the following each time you come to an appointment:

- ❖ Your insulin pump and handset (if applicable)
- ❖ Any other meters or readers you are using to monitor your glucose levels
- ❖ Your insulin pens
- ❖ The mobile phone which is used to monitor glucose, work out boluses via apps and/or linked to your pump

Uploading technical equipment in clinic is time consuming. In order to get the most out of your appointment and to ensure we can spend as much time talking through your concerns as possible please ensure that:

- ❖ Your pump has uploaded if it does so automatically – please check with us whether that is the case and keep your pump app open on your phone at all times
- ❖ You have manually uploaded your pump if it does not do so automatically
- ❖ Your sensor account is linked to our clinic code

Clinic Appointments

If you think you are overdue an appointment or would like to be seen sooner, please phone Colette on 01324 618325 and leave a message.

If you need to cancel or change your clinic appointment

We understand that there are times when you are not able to come to your appointment. If this is the case, please phone to cancel or change your appointment as soon as you know you will not be able to attend. This will allow us to offer that appointment to someone else who might need it.

Unfortunately we continue to have significant numbers of families who do not turn up for their appointments. This makes it difficult for other families to get an appointment at the right time or when they need one.

In between clinic appointments

The diabetes team are always ready to help you. If you feel you need additional diabetes support or advice between clinics please contact a member of the team and don't wait until the next clinic. We are happy to discuss any issue over the phone or arrange an additional appointment if you need to be seen.

If you are struggling with your diabetes, particularly if your HbA1c is over 60 mmol/mol we will ask you to come to more frequent appointments to support you and help you get back on track.

Who to contact for Appointments

For appointments at Stirling Community Hospital, Clackmannan Community Health Centre or Forth Valley Royal Hospital,

Phone: **01324 618343**

When leaving a message, please state that it's regarding an appointment.

To contact the children's diabetes team

Diabetes Specialist Nurses:

Phone: **01324 618325**

Available Monday to Friday between 9am and 5pm.

If no-one is there to answer your call please leave a message and someone will call you back as soon as they can (within 24 hours).

You can also contact the diabetes team by e-mail – please only do this if is not urgent:

e-mail address: **fv.paediatricdiabetesservice@nhs.scot**

If you need to speak to our dietitian, Anne Farmer

Phone: **01324 566626**

If you need urgent advice about diabetes out of hours (after 5pm, at weekends and on public holidays), you can contact children's ward at Forth Valley Royal Hospital.

Phone: **01324 567203**

To contact the clinical psychologist

Our psychologists are part of our team and they can offer additional support to you and your family should you need it.

A psychologist does not routinely attend clinics after the first New Patient Clinic, but if you would like to speak to them please let us know and this can be organised for you.

If you have been given a psychology appointment but would like to change it:

Phone: **01324 567187**